

# 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.

## December 2024 Newsletter



### ABOUT NATIONAL INFLUENZA VACCINATION WEEK

National Influenza Vaccination Week (NIVW) is an annual observance in December to remind everyone 6 months and older that there's still time to get vaccinated against flu. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including pregnant people and young children. Millions of children get sick with flu every year, and thousands will be hospitalized as a result. Pregnant people also are at higher risk of developing serious flu complications.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to reduce your risk from flu. A flu vaccine is the only vaccine that protects against flu and has been shown to reduce the risk of flu illness, hospitalization, and death.

Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu vaccine, especially pregnant people, young children, and others at higher risk. The more people vaccinated against flu, the more people are protected from flu.

<https://www.cdc.gov/flu-resources/php/nivw/index.html>



### 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)



# Preparing for a Winter Storm



During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.

## MAKE A PLAN.

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to [create a communication and disaster plan](#) for your family ahead of time.



## **WEATHERPROOF YOUR HOME.**

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

## **HAVE YOUR CHIMNEY OR FLUE INSPECTED EACH YEAR.**

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

## **INSTALL A SMOKE DETECTOR AND A BATTERY-OPERATED CARBON MONOXIDE DETECTOR.**

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

## **FOR OLDER ADULTS, KEEP AN EASY-TO-READ THERMOMETER INSIDE YOUR HOME.**

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.



## MAKE SURE YOUR CAR IS READY FOR WINTER WEATHER.

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.
- Keep your car in good working order. Be sure to check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.



## CREATE AN EMERGENCY CAR KIT.

It is best to avoid traveling, but if travel is necessary, [keep the following in your car:](#)

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water



World AIDS Day is an opportunity for every community and each individual to honor the more than 32 million people who have died worldwide from AIDS-related illness. December 1 is a day for voices to unite by sharing experiences, remembering those lost, and standing together in the fight against HIV.

Ending the HIV epidemic starts with knowledge. CDC's [World AIDS Day Digital Toolkit](#) provides social media messages, videos, infographics, and other information to raise awareness of HIV among people worldwide and encourage them to get tested and know their prevention options. Resources are available in English and Spanish.



[https://www.cdc.gov/world-aids-day/index.html#cdc\\_events\\_importance-what-is-world-aids-day](https://www.cdc.gov/world-aids-day/index.html#cdc_events_importance-what-is-world-aids-day)

## SOMETHING YUMMY

# Poached Pears with Caramel Sauce



Rebecca Clyde, MS, RDN, CD

This recipe, which combines pears with the rich taste of caramel, makes a delicious treat throughout the year.

### Ingredients

- 4 firm and ripe medium-sized pears, such as Bosc or Bartlett
- ¼ cup lemon juice
- ¼ cup prepared caramel sauce or caramel topping

### Directions

*Before you begin: Wash your hands.*

1. Peel the pears, leaving the stems attached. Cut a thin slice from the bottom of each pear so that the pear will stand.
2. Place the pears in a saucepan large enough to fit 4 pears without the fruit toppling. Add the lemon juice and 4 cups water.
3. Bring to a boil, reduce heat to simmer, and cook for 10 to 15 minutes or until pears are tender but not falling apart.
4. Drain the liquid. Place the pears on a plate, cover and chill 3 hours or overnight. Arrange the pears on individual dessert dishes. Drizzle caramel sauce over the pears, making a small puddle of sauce on the plate.

### Cooking Note

Instead of using lemon juice and 4 cups water, substitute 4 cups apple juice to cook the pears. If the pears are short on flavor, this will give them a boost.

### Nutrition Information

Serving size: 1 pear

*Serves 4*

Calories: 100; Total Fat 0.5g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 20mg; Total Carbohydrate: 24g; Dietary Fiber: 3g; Protein: 1g

Source: <https://www.eatright.org/>

# 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.

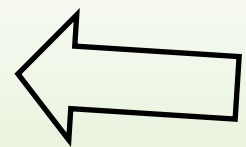
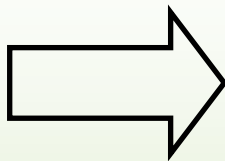
### 60S AND BEYOND: PROTEIN POWER

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein may be linked with bone health. Women and men in their 60s need 5 to 5½ ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as in low-fat or fat-free milk, yogurt and cheese.

Vitamin B<sub>12</sub> — which helps your body make red blood cells and keep the brain and nervous system healthy — is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B<sub>12</sub>. You can get B<sub>12</sub> through any food that comes from an animal: meat, fish, dairy products and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.



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 NEW EMPLOYEE



**Emily Pavano**

**Assistant Emergency Preparedness Coordinator**

# COMMUNITY UPDATES

The background of the flyer features several orange pumpkins with green stems and vines, arranged in a circular pattern. A small flock of black birds is flying in the upper right quadrant.

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

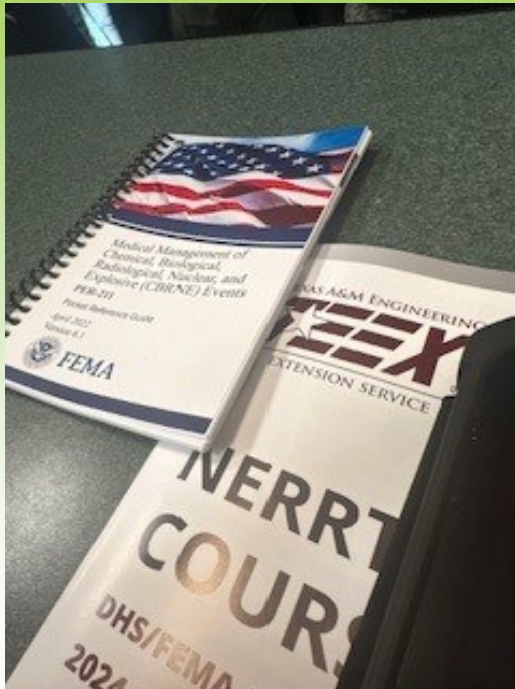
## **OUTREACH AND PREVENTION EDUCATION NEWSLETTER!**

Recieve monthly updates about events, training opportunities, and updates showing our OPE team out in the community!



SCAN THE QR CODE  
TO REGISTER OR VISIT  
[SBAPROJECT.ORG](http://SBAPROJECT.ORG)

## TAHD IN ACTION



On November 13<sup>th</sup> and 14<sup>th</sup>, TAHDs Brien LaForge attended a class about “Medical Management of CBRNE Events.” (Chemical, Biological, Radiological, Nuclear, and Explosive events) This class was conducted by the Texas A&M Engineering Extension (TEEX) which is a federally funded institution by FEMA and it is part of a certificate program that TEEX offers. Brien is only one class away from obtaining a certificate in “Community Disaster Preparedness for Healthcare.”



## COMMUNITY UPDATES



# Litchfield Holiday Boutique

BENEFITTING SUSAN B. ANTHONY PROJECT

## HOLIDAY SHOPPING EVENT

Friday, December 13th  
12 pm - 7 pm

Litchfield Community Center  
421 Bantam Rd, Litchfield, CT 06759

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





# 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!**

SCAN ME



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



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



To help make the holiday season special for one of our families, please sign-up to “adopt” a family **by Friday, Nov. 8th.**



*Scan here  
to sign up!*



All unwrapped donations must be received **NO LATER than Friday, Dec. 13th.** 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 [sraemer@sbaproject.org](mailto:sraemer@sbaproject.org) or call 860-489-3798.

*Thank you for your generosity!*



# COMMUNITY UPDATES




## COVID-19 Testing

### Order Your 4 Free At-home COVID-19 Tests

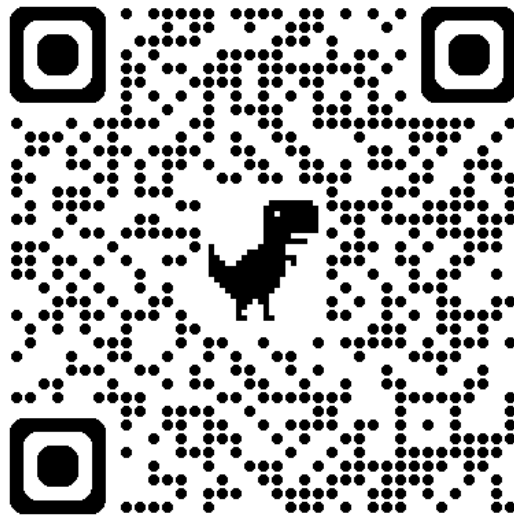
Every U.S. household is eligible to order 4 free at-home tests.

*COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.*

Your order of COVID tests is completely free – you won't even pay for shipping. Want to know when your tests are coming? Sign up to receive email alerts when you order!

[Order Free At-home Tests](#) 

Need help placing an order for your at-home tests?  
Call **1-800-232-0233** (TTY **1-888-720-7489**).





**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



## **Torrington Area Health District MRC Events!**

**Heartsaver CPR**

**Monday December 2nd at 10:00AM**



**Narcan Administration Training**

**Monday December 16th at 1:00PM**



**Stop the Bleed Training**

**Teusday December 20th at 10:00AM**



## COMMUNITY UPDATES



# CPR

ADULT • CHILD • INFANT

# & CHRISTMAS COOKIES

**DEC 10 2024**

**CCAR • 59 FIELD STREET  
TORRINGTON**



**CCAR**  
CONNECTICUT COMMUNITY  
FOR ADDICTION RECOVERY



**1:00PM**

**COST IS \$25 FOR 2  
YEAR AMERICAN  
HEART ASSOCIATION  
CERTIFICATION**

**Registration required.  
Email [tsterling@greenwoodsreferrals.org](mailto:tsterling@greenwoodsreferrals.org)**

# COMMUNITY UPDATES



## START HERE



for community health

### Hartford HealthCare Neighborhood Health Clinics—Northwest Region¶

#### December 2024¶

**Monday, December 2** → 3pm–7pm → New Opportunities, Inc., 62 Commercial Blvd., Torrington¶

**Thursday, December 5** → 9am–1pm → Community Soup Kitchen of Torrington/Trinity Church¶

**Friday, December 13** → 9am–1pm → Open Door Soup Kitchen, Winsted¶

**Monday, December 16** → 9am–1pm → Community Soup Kitchen of Torrington/Trinity Church¶

¶

#### 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, Urine pregnancy¶

¶

##### Lab Tests:¶

- → A1C, Cholesterol, Hepatitis C, Hemoglobin, HIV, Flu, Symptomatic COVID-19, Complete Metabolic Panel (Electrolytes, 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 Bivalent Vaccine (Ages 12+)¶

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#### **WALK-INS WELCOME**¶

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

-Face masks required and provided if needed.¶

¶

¶

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