

# TORRINGTON AREA HEALTH DISTRICT

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.

## May 2023 Newsletter



May is National  
**Asthma &  
Allergy  
Awareness  
Month**

[nhlbi.nih.gov/breathebetter](https://nhlbi.nih.gov/breathebetter)



**WHAT IS ASTHMA?** We know a lot more about asthma today than we did just a decade ago, and we have a much better understanding of how to treat it.

### BASIC FACTS ABOUT ASTHMA

**Asthma is a lung disease.** It's a physical and medical problem that needs treatment. It's not something that you imagined or made up. Don't let anyone tell you your asthma is just in your head. It's in your lungs, and it's real.

**Asthma is serious.** A person can die during an asthma attack. That's why knowing how to take care of your asthma and when to get emergency help is so important.

**Asthma doesn't go away and it can't be cured.** Once you develop asthma, you're likely to have it for a lifetime. Even when you have no symptoms—even when you're feeling just fine—the asthma is still there and can flare up at any time.

**Asthma can be managed.** Like diabetes and high blood pressure, asthma takes ongoing monitoring and management to keep it under control.



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

**Hours**  
-Monday, Tuesday, Thursday-  
8:00am to  
4:00pm.  
-Wednesday-  
8:00am to  
6:00pm.  
-Friday-  
8:00am to  
1:00pm.

**Follow us on so-  
cial media:**



**Asthma symptoms result from ongoing inflammation (swelling) that makes your airways very sensitive and narrower than normal.** Inflammation protects our bodies, but it can also be harmful when it occurs at the wrong time or stays around after it's not needed.

## **THE SYMPTOMS OF ASTHMA ARE DIFFERENT FOR DIFFERENT PEOPLE.**

Your symptoms and their frequency can also change.

For more information and resources on lung health, visit NHLBI's Learn More Breathe Better program at [nhlbi.nih.gov/BreatheBetter](https://nhlbi.nih.gov/BreatheBetter)

## **SYMPTOMS**

Most people who have asthma have one or more of these symptoms:

**Coughing.** Coughing from asthma is often worse at night, making it hard to sleep. Sometimes coughing brings up mucus.

**Wheezing.** Wheezing is a whistling or squeaky sound when you breathe.

**Chest tightness.** This can feel like something is squeezing or sitting on your chest.

**Shortness of breath.** Some people say they can't catch their breath, or they feel out of breath— like they can't get enough air out of their lungs.

## **HOW ASTHMA AFFECTS YOUR AIRWAYS**

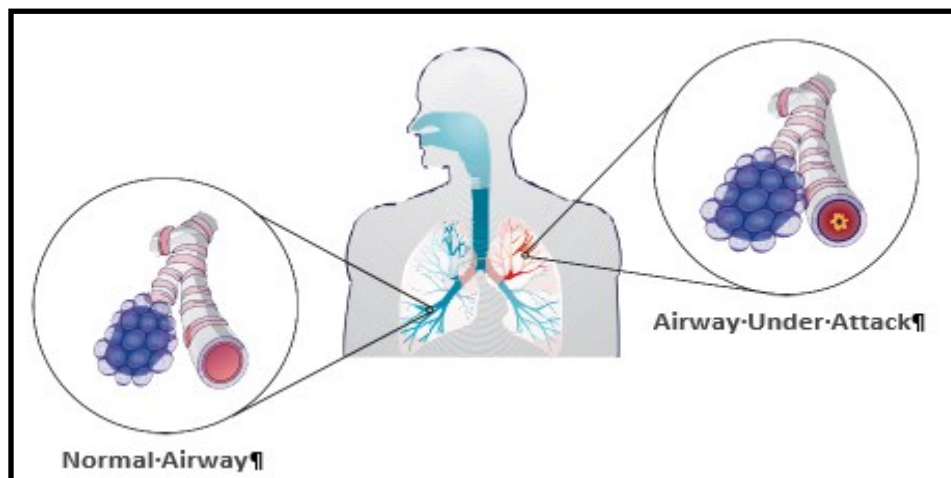
**The airways in your lungs are very sensitive to substances, such as tobacco smoke, dust, chemicals, and pollen, or to getting a cold or the flu. We call these asthma “triggers,” because your immune system overreacts to them by triggering the release of cells and chemicals, which cause:**

- The inner linings of the airways to become more inflamed (swollen), leaving even less room in the airways for the air to move through.
- The muscles surrounding the airways to get bigger and tighten. This squeezes the airways and makes them smaller. (This is called bronchospasm.)
- Glands in the airways to produce lots of thick mucus, which further blocks the airways.

These changes can make it harder for you to breathe. They also can make you cough, wheeze, and feel short of breath.

If you don't treat asthma-related inflammation, each time you're exposed to your asthma triggers, the inflammation increases and your symptoms are likely to get worse.

Normally, your airway is open, so the air you breathe moves in and out of your lungs freely.



When exposed to your asthma triggers, the sides of your airways swell and the muscles tighten, leaving less room for the air to move freely.

*Adapted from American College of Chest Physicians*

## MANAGING YOUR ASTHMA

Discuss your asthma with your health care provider. Together, you can create a treatment plan that will help you:

**Reduce impairment**—so you can keep asthma symptoms away, keep up with your usual daily activities, and sleep through the night.

**Reduce risk**—so you can prevent asthma attacks, stay out of the emergency room or hospital, and have fewer side effects from your medicines.

Managing your asthma means working with your health care provider, taking your medicines as prescribed, avoiding your triggers, and watching for any changes in your asthma.

About  
**297,000**  
people in  
**Connecticut**  
have asthma.



With proper treatment, people with asthma can lead full and active lives.

Learn more at [nhlbi.nih.gov/breathebetter](https://nhlbi.nih.gov/breathebetter)

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2021.



**NIH** National Heart, Lung, and Blood Institute

**LEARN MORE**  
**BREATHE BETTER**

# TOGETHER for Mental Health

#Together4MH

## May is Mental Health Awareness Month

Mental Health Awareness Month Mental Health Awareness Month has been observed in the U.S. since 1949. Each year, millions of Americans face the reality of living with a mental health condition. In May, NAMI joins the national movement to raise awareness about mental health. Each year, we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. Mental Health Awareness Month provides a perfect opportunity for the NAMI Alliance to shine a spotlight on spreading helpful mental health resources and information on local programs or initiatives and content to specific populations (for example, caregivers, youth and young adults, underrepresented communities). It is also a chance to encourage people to take action.

ABOUT NAMI'S "More Than Enough" CAMPAIGN During the 2023 MHAM, NAMI is launching the "More Than Enough" social media awareness campaign, uplifting and empowering the mental health community to feel that they are "more than enough." We want to affirm the idea that people are inherently worthy of life, love and healing — no matter what they look like, no matter where they are in their journeys, no matter what they are or aren't able to do. This campaign is a message of hope and inclusion. Throughout the month, we will introduce several calls to action related to how people can feel empowered, combat stigma and get involved — ultimately sharing the message that all people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.



#Together4MH

# TOGETHER for Mental Health

Taking on the challenges of mental health conditions, health coverage, and erasing the stigma around mental illness requires all of us.

[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)

# TOGETHER for Mental Health



#Together4MH

More than **51 million** adults in the United States face the reality of managing a mental illness every day.

[nami.org/mentalhealthmonth](https://nami.org/mentalhealthmonth)

### CALL TO ACTION:

**Building Connection and Community Emphasis:** Affirming the inherent value of people living with mental health conditions and their families. Creating a community that cares — how to support people living with mental health conditions.

**Call to action:** Have your community share why they are #MoreThanEnough. Start community conversations, share resources (e.g. hang up downloadable posters with QR codes to NAMI HelpLine/support groups) or host events.

**TOGETHER**  
for Mental Health

#Together4MH



**1 in 20 adults in the United States experiences a serious mental illness every year.**

[nami.org/mentalhealthmonth](http://nami.org/mentalhealthmonth)

**TOGETHER**  
for Mental Health

#Together4MH



**1 in 6 youth aged 6-17 experience a mental health condition each year.**

[nami.org/mentalhealthmonth](http://nami.org/mentalhealthmonth)

**Education and Advocacy Emphasis:** Educating people on mental health issues and challenges and empowering new and current advocates to help advocate for the rights people affected by mental health conditions deserve.

**Call to action:** Get involved with mental health advocacy.

**Creating Awareness and Driving Action Emphasis:** Increasing awareness of NAMI resources and empowering people to take action this month and every month by getting involved and continuing to learn.

**Call to action:** Reach out to the NAMI HelpLine, attend NAM-Icon, attend local NAMI Walks, volunteer with the NAMI HelpLine or at your local NAMI, donate to NAMI, buy “You Are Not Alone” etc.

**TOGETHER**  
for Mental Health

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

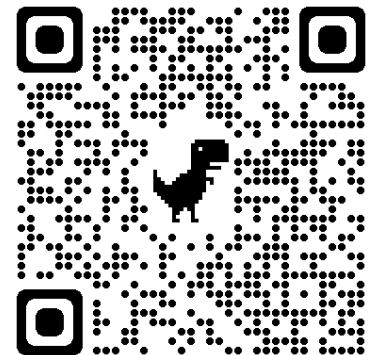
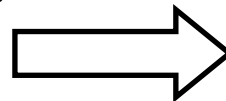
[nami.org/mentalhealthmonth](http://nami.org/mentalhealthmonth)

## DID YOU KNOW?

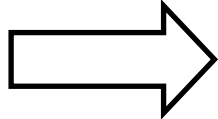
It's Your Best Shot!



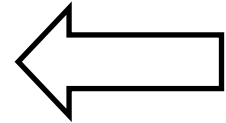
The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)



## CELEBRATING NURSES WEEK



**PATTY**



**LESLIE**

Meet Patty Miglowiec, a dedicated and compassionate nurse who has been an integral part of our team at Torrington Area Health for the past two years. Patty holds a master's degree in nursing with a Public Health focus from the University of Hartford and brings over 20 years of healthcare experience to her role. She has worked in various settings and specialties, including hospitals, long-term care, pediatrics, allergy & immunology, hemodialysis, outpatient surgery, and as a nursing instructor.

Patty's vast array of knowledge and expertise in the healthcare industry is evident in her daily work. Her passion for public health and patient education drives her commitment to educating patients and their families on how to prevent and manage chronic conditions. She believes in empowering patients to take control of their health and advocates for healthy habits and lifestyles in the community. Patty is also a strong advocate for vaccination and immunization to protect against infectious diseases.

When Patty is not at work, she enjoys spending time with her daughter and twin boys who keep her busy and entertained. She also enjoys reading, blogging, and exploring the great outdoors. Patty believes that self-care is essential for maintaining a healthy mind and body and encourages everyone to find activities that bring them joy and peace.

Leslie Polito is a renowned nurse with decades of experience in the medical field. She has been working at the Torrington Area Health District since 1992, and prior to that, she worked as a pediatric nurse at Hartford Hospital, John Hopkins Pediatric ICU and Greater Baltimore Center. Leslie has a deep passion for her work and her strong sense of dedication and commitment to her profession has been demonstrated by her participation in numerous professional advisory committees and community coalitions. She also worked as the bioterrorism emergency coordinator and has made many contributions to public health.

In her free time, Leslie likes to stay active by taking walks, reading, spending time with her grandchildren, and exploring the world by traveling.

Leslie Polito is a true inspiration to many and has made significant impacts in the medical field. She is an exemplary nurse and her dedication and commitment to her profession is commendable.

Join us in celebrating Patty and Leslie during Nurses Week and every day for their dedication and commitment to providing quality care to our community.

# TAHD TRAININGS



Snapshots of our QPR training conducted on March 29<sup>th</sup>, 2023.

Participants are educated about the nature of suicidal communications, including the various forms such communications may take and how they can be utilized as the stimulus for a QPR intervention. To provide a broader perspective, participants are introduced to the history of suicide, suicide prevention, and the range of contemporary public health suicide prevention education initiatives. This training encompasses the history, background, and research that support QPR. Additionally, participants are trained to manage the audience's pent-up demand to discuss suicide, survivor issues, and how to promptly make interventions and referrals.

Our participants constituted a diverse group of professionals, encompassing various fields such as EMS, firefighters, school teachers, nurses, and athletic trainers. We furnished them with QPR training, as well as resources that they could take back to their respective communities. Upon completion of the training, participants were awarded a course completion certificate, valid for a period of two years, and the training could be counted towards their CMEs/CEUs (1.5hrs).

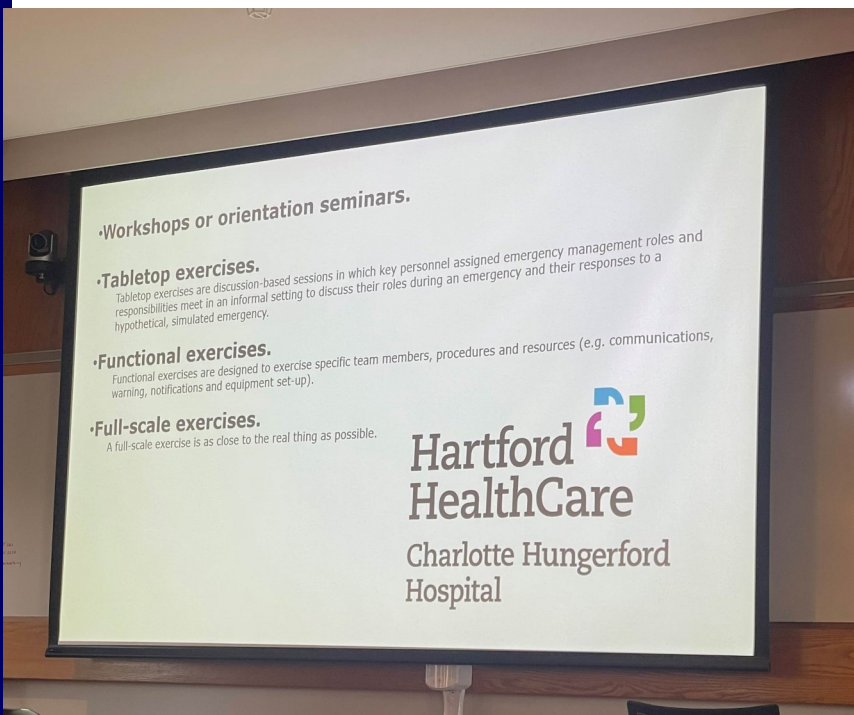
We will be more than happy to provide more sessions of QPR Gatekeeper Training based on community needs.



## TAHD TRAININGS



On April 18th, community members gathered to acquire knowledge about stopping a bleed. The training encompassed identifying a bleed, stabilizing it, and employing diverse techniques tailored to each body region. For those interested in this course, kindly visit <https://tahdstopthebleed.eventbrite.com> to explore how you can learn to stop a bleed.



On April 13<sup>th</sup>, TAHD Emergency Preparedness Coordinators attended a Cybersecurity Tabletop Exercise at Charlotte Hungerford Hospital. The exercise focused on cybersecurity safety and how to plan as well as mitigate cyber threats, while discussing the community resources including local, regional, and state partners. Participants included the Torrington Area Health District, Torrington Police Department, Torrington Fire Department, Department of Homeland Security and Emergency Services, Doyle's Medical Supplies, Hartford Healthcare, long term care facilities, and home healthcare facilities.



# COMMUNITY UPDATES



**Would YOU know what to do in case of a traumatic bleeding event?**

Average time to bleed out



Average time for 1st responders to arrive



Trauma-related deaths worldwide due to bleeding



Sessions at Torrington Area Health District:

5/3/23: 5-7pm  
5/16/23: 10-12pm  
5/31/23: 5-7pm



<https://cms.bleedingcontrol.org/Class/Search> to find classes and register!



STOP THE BLEED® is a registered trademark of the U.S. Department of Defense.

## TORRINGTON AREA MRC MAY EVENTS

### MRC Loyalty Oath/ Orientation

Thursday, May 5th 6:00PM-7:00PM  
via Zoom

Registration: <https://bit.ly/3ohQ4XF>



### Stop the Bleed

Various Times

Registration:

<https://tahdstopthebleed.eventbrite.com>



### QPR Training

Wednesday, May 17th at 5:00PM at  
TAHD

Registration:

<https://tahdqprpreventiontraining.eventbrite.com>



### Intro to CT Responds

Wednesday, May 24th at 5:00PM via  
Zoom

Registration: <https://bit.ly/41euAxs>



Want to see an event or bring an event to your organization? Email [mmclintock@tahd.org](mailto:mmclintock@tahd.org) to learn more



## FREE SUICIDE PREVENTION TRAINING

Wednesday, May 17th, 2023

5:00PM-6:00PM

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

What you will learn:

- How to recognize the warning signs of suicidal behavior
  - How to question, persuade, and refer someone in a crisis
- Participants will receive a certification as a QPR Gatekeeper upon completion of the training

To register, please visit:

<https://tahdqprpreventiontraining.eventbrite.com>

Questions?

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



## LITCHFIELD COUNTY SOCIAL SERVICE PROVIDER EDUCATIONAL CONFERENCE & PROFESSIONAL NETWORKING EVENT

Friday, June 9th, 2023

Live Narcan, Hands-only CPR and QPR Training Available



Join fellow providers from Social Service organizations across the region to learn more about programs, engage in training, and meet colleagues!

12:00 to 2:00 PM  
Litchfield Community Center  
421 Bantam Rd, Litchfield  
Lunch is on us!



Register to attend, showcase, or table your organization or program, [here](#).

# COMMUNITY UPDATES



**Wellness in the Park**  
Mental Health Awareness Fair

Thursday, May 18, 2023  
5:00-7:00pm

*Coe Park, 101 Litchfield St., Torrington*

An event to promote awareness, reduce stigma and encourage modalities that improve mind, body and overall mental well being.

Vendors, Yoga, Art Therapy, DJ, Live Music, Speak Out, and more!

Connect with local available resources in our community for promoting mental wellness including counseling, mental health treatments, substance use treatment.

Please email [ctellier@primetimehouse.org](mailto:ctellier@primetimehouse.org) or call (860) 618-2479 with questions or for more information.



**KINDERGARTEN MEET & GREET FAMILY NIGHT!**

**AT KIDSPRAY MUSEUM**

61 MAIN STREET  
TORRINGTON

FOR FUTURE TORRINGTON KINDERGARTEN STUDENTS & FAMILIES  
WEDNESDAY, MAY 10TH  
BETWEEN 5:30-7:00PM

FOR FUTURE VOGEL KINDERGARTEN STUDENTS & FAMILIES  
WEDNESDAY, MAY 17TH  
BETWEEN 5:00-6:30PM

COME TO MEET SCHOOL STAFF AND OTHER INCOMING KINDERGARTEN FAMILIES

**NO REGISTRATION REQUIRED**

QUESTIONS?  
CALL/TEXT  
860-800-2352



**MOTHERS DAY TEA**

Spoil your Mum this Mother's Day  
Saturday, May 6th 2:00 - 4:00 p.m.  
Greenwoods Country Club  
300 Torrington Street, Torrington

A traditional tea includes a selection of

- Delicately filled sandwiches
- Macaroons and assorted delights
- Scones with jam & cream
- Assorted Teas
- Cash Bar (for the champagne)
- Chocolate Tea Cups

PLUS - a delightful presentation on the Art of Afternoon Tea

All proceeds to benefit



**\$25 per person**

FOR BOOKINGS PLEASE VISIT  
[www.fhfb.org](http://www.fhfb.org)

## COMMUNITY UPDATES



The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting. On Saturday April 22, 2023 TAHD along with our partnering agencies collected **104lbs** of medication.



## RECALL ALERT



**Name of Product:** Children's Fishing Rods sold with Kid Casters No Tangle Combos

**Hazard:** The fishing rods contain levels of lead that exceed the federal lead content ban. Lead is toxic if ingested by young children and can cause adverse health issues.

For more information please visit :<https://www.cpsc.gov/Recalls>

