

Chesprocott Health District
1220 Waterbury Rd
Cheshire, CT 06410



Phone: 203-272-2761

www.chesprocott.org

Fall 2024

Serving the towns of Cheshire,
Prospect and Wolcott



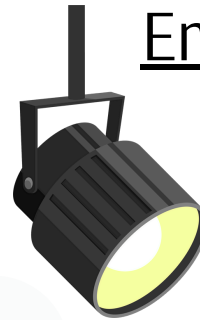
We have Moved!!

Chesprocott Health District is now
located at 1220 Waterbury Rd, Cheshire,
CT 06410 (next to the dog park)

Client Satisfaction Survey



Help Us Help you!
CHD asks for 5
minutes of your time
to take our customer
satisfaction survey



Employee Spotlight



Lorraine Brandolini, RN is one of our fabulous public health health nurses. Her background includes over 30 years as a nurse anesthetist and she also currently volunteers at the Malta House in Waterbury. Out of work Lorraine enjoys acting in local plays and singing in the choir at her church

Follow us on Social Media!

www.facebook.com/chesprocottHD

www.instagram.com/chesprocottHD





COMMUNITY HEALTH



The change of seasons brings unique challenges and opportunities for community health. including Cooler temperatures, shorter days, and the onset of cold and flu season can affect individuals and their families Maintaining good health during this time is vital to ensure that communities remain resilient and thriving.

Here are key factors to consider for staying health during the autumn season:



Practice frequent hand washing, use of hand sanitizers, and proper respiratory hygiene (e.g., covering coughs and sneezes). and stay home when you are sick



Maximize Daylight Exposure: increase outdoor activities during daylight hours to help boost mood and mental well-being



Autumn offers a bounty of seasonal fruits and vegetables like pumpkins, squash, apples, and sweet potatoes. These foods are packed with vitamins and minerals that help boost the immune system.



While people tend to drink less water in colder months, hydration remains essential for overall health.



Autumn is also a peak time for allergies, especially ragweed pollen and mold Know your triggers and individuals with asthma should have their medications readily available during this season.



Dress appropriately for the colder weather. Layering up in breathable clothing and wearing hats and gloves can make outdoor activities comfortable.





EMERGENCY PREPAREDNESS



EMERGENCY PREPAREDNESS DURING THE FALL SEASON

Autumn is often associated with cozy sweaters and pumpkin-spiced treats, it's also a time when weather can change rapidly, leading to natural hazards like storms, floods, wildfires, and early frost. Ensuring that you're prepared for these potential emergencies can help protect your family, home, and well-being.

However, Fall is known for its unpredictability. From sudden temperature drops to intense storms so staying informed about weather changes is essential.

BELOW ARE SOME TIPS FOR STAYING SAFE DURING THE FALL SEASON

- **Use Weather Alerts:** Sign up for emergency alerts through the National Weather Service (NWS) or a reliable weather app.
- **Create a Power-Outage Kit:** Include flashlights, extra batteries, portable chargers, candles, and matches. A backup generator is a good investment for areas prone to prolonged outages.
- **Food and Water Supply:** Stock non-perishable food items and bottled water that can last at least 72 hours for each member of your household.
- **Clear Gutters and Drains:** Blocked gutters can lead to water accumulation and leaks during heavy rainfall.
- **Check Your Roof:** Ensure that your roof is in good condition to handle autumn storms
- **Trim Trees:** Dead or overhanging branches can be dangerous during windstorms.
- **Seal Windows and Doors:** Cold air drafts can easily sneak into your home as temperatures drop.
- **In the event of an emergency, having a well-stocked emergency kit and a clear evacuation plan is essential.**
- **Winterize Your Car:** If you live in an area prone to frost or snow, fall is the time to check your tires for proper tread and ensure your vehicle is equipped with snow tires if necessary. Test your battery, antifreeze levels, and windshield wipers.
- **If you enjoy outdoor fall activities like hiking or camping, pack extra layers and gear to keep warm, and make sure you're aware of the forecast.**

STAY SAFE AND ENJOY THE FALL SEASON !





ENVIRONMENTAL HEALTH



STAYING SAFE AT FALL FESTIVALS AND FAIRS

Fall festivals are abundant with plenty of seasonal treats like apple cider donuts, kettle corn, and roasted corn on the cob.

However, be mindful of food safety:



Check Food Stands: Make sure vendors are following proper hygiene practices, and avoid food that looks undercooked or has been sitting out too long.



Allergies: If you have food allergies, ask vendors about ingredients or avoid certain foods altogether to prevent allergic reactions.



Cleanliness: Vendors and food handlers should frequently wash their hands with soap and water. Clean and sanitized utensils and work surfaces are a must.



Hot foods should be served directly from insulated containers or chafing dishes that maintain proper temperatures.



If you attending a festival, look for food vendors that display proper food safety practices, such as food handler permits, clean uniforms, and proper storage of food items.





NURSE'S CORNER



RESPIRATORY VIRUSES AND THE IMPORTANCE OF VACCINATION

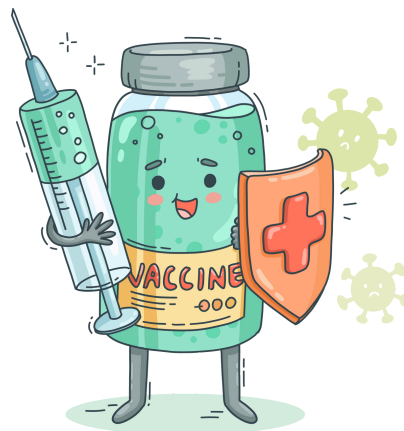
As the colder months approach, we often find ourselves indoors more frequently, and along with cozy sweaters and hot drinks, this time of year brings an uptick in respiratory viruses. Thankfully, one of the most effective ways to protect ourselves and those around us is through vaccination.

Why Get Vaccinated?

- 1. Protect Yourself:** Respiratory viruses can lead to missed work, school, and important life events. Vaccination helps keep you healthy and reduces the risk of severe illness.
- 2. Protect Vulnerable People:** Even if you're healthy, respiratory viruses can be dangerous for infants, the elderly, and those with weakened immune systems.
- 3. Prevent Overwhelming Healthcare Systems:** When fewer people get seriously ill, hospitals and healthcare workers are better able to manage patient loads, especially during the peak of respiratory virus season.

The best time to get vaccinated is before respiratory virus season hits its peak. Flu season typically begins in late fall, and it can take a couple of weeks for the vaccine to be fully effective, so it's wise to schedule your shot early. COVID-19 shots are recommended at regular intervals to maintain protection, and RSV vaccines may be available through your healthcare provider.

Vaccines are available at local pharmacies, community clinics, and healthcare providers. Chesprocott will be offering flu shots at the Cheshire Fall Festival on September 14th, Wolcott Fire Dept on October 12th, and on Election Day on November 5th at Cheshire Highland Elementary School, and Cheshire High School.





COMMUNITY PROGRAMS AND EVENTS

2024 FLU CLINICS

SEP CHESHIRE FALL FESTIVAL
10 AM - 2 PM

NOV ELECTION DAY
5 9 AM - 3 PM

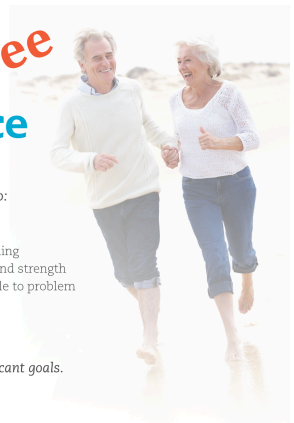
LOCATIONS:

- HIGHLAND ELEMENTARY SCHOOL
- CHESHIRE HIGH SCHOOL

THESE CLINICS ARE OPEN TO THE PUBLIC
NO APPOINTMENT REQUIRED
PLEASE BRING YOUR ID AND INSURANCE CARD



Hartford HealthCare and Cheshire YMCA Presents **Free**
Matter of Balance



Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Location: Cheshire Senior Center 240 Maple Avenue

A four week program, that meets twice a week.
Classes will be offered on:

Monday 9/16/2024 9:30-11:30am	Wednesday 9/18/2024 9:30-11:30am
Monday 9/23/2024 9:30-11:30am	Wednesday 9/25/2024 9:30-11:30am
Monday 9/30/2024 9:30-11:30am	Wednesday 10/2/2024 9:30-11:30am
Monday 10/7/2024 9:30-11:30am	Wednesday 10/9/2024 9:30-11:30am

To Register call the Cheshire Community YMCA at 203.272.3150



2020 1.23

DO YOU HAVE concerns about falling?



Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This FREE program teaches ways to prevent and manage falls.

YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

There is no cost for this program!

Presented by the Chesprocott Health District

Tuesdays starting October 2nd thru Nov 19th

Prospect Public Library
1pm - 3pm

Refreshments provided at every class.

Registration is required.
Please call Hilary Norgia at 203-439-0720

Only 15 spots available!
Register as soon as possible.