

CHESPROCOTT HEALTH DISTRICT



SERVING THE TOWNS OF CHESHIRE, PROSPECT & WOLCOTT

WWW.CHESPROCOTT.ORG

| (203) 272-2761

| FALL 2026

DIRECTOR'S MESSAGE



Fall is here, and our community is moving into a busy season.

Chesprocott continues serving Cheshire, Prospect, and Wolcott through clinics, programs, and community outreach.

Stay connected and tell us what you would like to see from CHD this fall.

Have a great fall!

Kate Glendon
Director of
Health

MEET OUR NEW STAFF!



KERRY DOTY
ADMINISTRATIVE
OPERATIONS COORDINATOR



CHRISTINA DEL VECCHIO
PUBLIC HEALTH
NURSE

UPCOMING EVENT

OCT 20 • 12-2 PM:

- Flu vaccination clinic open to the public at our office
- 1187 Highland Ave, Suite 210, Cheshire, CT

FOLLOW US!



@chesprcottHD



@chesprcottHD





COMMUNITY HEALTH CHECK-IN

New season, quick check-in. How are you doing with the basics?

☐

MOVE

Get outside and enjoy the cooler weather.

☐

RESET

Sleep, hydrate, and make time to slow down.

☐

CHECK

Know your blood pressure and keep routine appointments.

☐

PROTECT

Check whether you are due for seasonal or routine vaccines.

☐

CONNECT

Find CHD clinics, programs, and fall events.
Pick one place to start.

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Pumpkin Turkey Chili

**Healthy pumpkin turkey chili with
protein and vegetables.**

Total time: 35 minutes

Servings: 5–6

Nutrition per serving: 330 calories • 40g
carbohydrates • 9g fat • 30g protein

INGREDIENTS

- 1 lb lean ground turkey**
- 1 can pumpkin puree (15 oz)**
- 1 can black beans, drained**
- 1 can diced tomatoes (14.5 oz)**
- 1 bell pepper, diced**
- 1 zucchini, diced**
- 1 small onion, diced**
- 2 cloves garlic, minced**
- 1 cup corn**
- 1–1½ cups chicken broth**
- 2 tbsp tomato paste**
- 2 tbsp chili powder**
- 2 tsp cumin**
- 1 tsp smoked paprika**
- ½ tsp cinnamon**
- ½ tsp oregano**
- ½ tsp salt**
- Black pepper**

INSTRUCTIONS

Brown the turkey in a large pot with a little olive oil.

Add onion and bell pepper and cook for 4–5 minutes.

Add garlic, tomato paste, chili powder, cumin, smoked paprika, cinnamon, and oregano. Stir for about 30 seconds.

Add pumpkin, diced tomatoes, black beans, zucchini, corn, and broth.

Bring to a boil, then reduce heat and simmer uncovered for 20–25 minutes, stirring occasionally.

Taste and adjust salt, chili powder, or cayenne.



Nurse's corner



LEAD POISONING WEEK

October 25–31 is National Lead Poisoning Prevention Week. Lead may be found in paint, varnish, gasoline, soil, or water. No level of exposure is safe; long-term exposure can harm children, pregnant women, and adults.

PREVENTING EXPOSURE

Wet-wipe floors and windowsills, wash children's hands and toys, and serve foods rich in calcium, zinc, and iron. Lead cannot be seen, smelled, or tasted.

FALL RESPIRATORY ILLNESS PREVENTION

As colder weather arrives, help protect against asthma triggers, flu, COVID-19, and RSV: stay up to date on vaccines, wash hands, stay home when sick, and mask when appropriate.

CLINICAL SERVICES

Call our office for a flu shot or a free blood pressure check. Call 203-272-2761.

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ENVIRONMENTAL HEALTH

Seasonal reminders for a healthy fall:

LEAVES & YARD CLEANUP

Keep leaves away from storm drains and septic areas. Avoid driving heavy equipment over septic or leaching areas.

SEPTIC SYSTEMS

Know your system's location and schedule maintenance before the ground freezes.

UNWANTED VISITORS

Seal openings and store food, pet food, and garbage securely.

PRIVATE WELLS

Test your water regularly, especially if you notice changes in taste, color, or odor.

FOOD SAFETY

Prevent cross-contamination and refrigerate leftovers promptly.

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EMERGENCY PREPAREDNESS

Emergencies can happen when we least expect them. A little preparation today can make a big difference for you and your loved ones.



MAKE A PLAN

- Know local risks, including severe weather and outages.
- Talk with family about emergency steps.
- Choose a meeting place.



BUILD A KIT

- Water: 1 gallon per person per day for 3 days
- Non-perishable food for at least 3 days
- Flashlight, batteries, and charger
- First aid supplies and medications
- Important documents in a waterproof bag



STAY INFORMED

- Sign up for local alerts.
- Follow trusted updates.
- Know how to reach emergency services.

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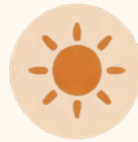
SEASONAL ALLERGIES

Fall's longer freeze-free season can extend ragweed pollen. Ragweed usually blooms August–November, with peaks in mid-September.

WHAT IS RAGWEED?

A common seasonal-allergy trigger, ragweed is a weed native to the eastern and midwestern United States. It blooms in early fall.

Ragweed pollen is highest in the morning. To reduce symptoms:



- Avoid outdoors from 5–10 AM when possible.



- Keep car windows closed.



- Watch pollen brought indoors on shoes, clothing, and pets.



- Change clothes after being outside.

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