

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.

March 2026 Newsletter

March is National Nutrition Month

Good nutrition is essential across life stages, from infant and child growth and brain development to healthy and safer pregnancies and healthy aging.

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, growth, disease prevention, and well-being. Here are [six essential micronutrients](#) and why they are important to our health.

Breastfeeding helps protect against childhood illnesses. Such illnesses include ear and severe lower respiratory infections, asthma, and sudden infant death syndrome (SIDS). Low levels of certain vitamins and minerals can result in mental impairment and central nervous system defects in infants.

Most mothers start out breastfeeding, but about 6 in 10 stop sooner than they planned. Low rates of breastfeeding add more than \$3 billion a year to medical costs for women and children in the United States.

Adults with healthy eating patterns live longer and are at lower risk for serious, costly health problems. Examples include heart disease, type 2 diabetes, and obesity.

<https://www.cdc.gov/nutrition/php/about/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.tahd.org



Good Nutrition Starts Early



Why Micronutrients Matter



Tips to Help Your Picky Eater



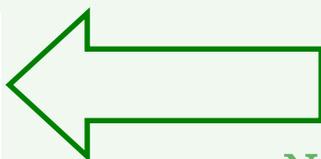
Breastfeeding Benefits Both Baby and Mom



Healthy Eating Tips



Rethink Your Drink



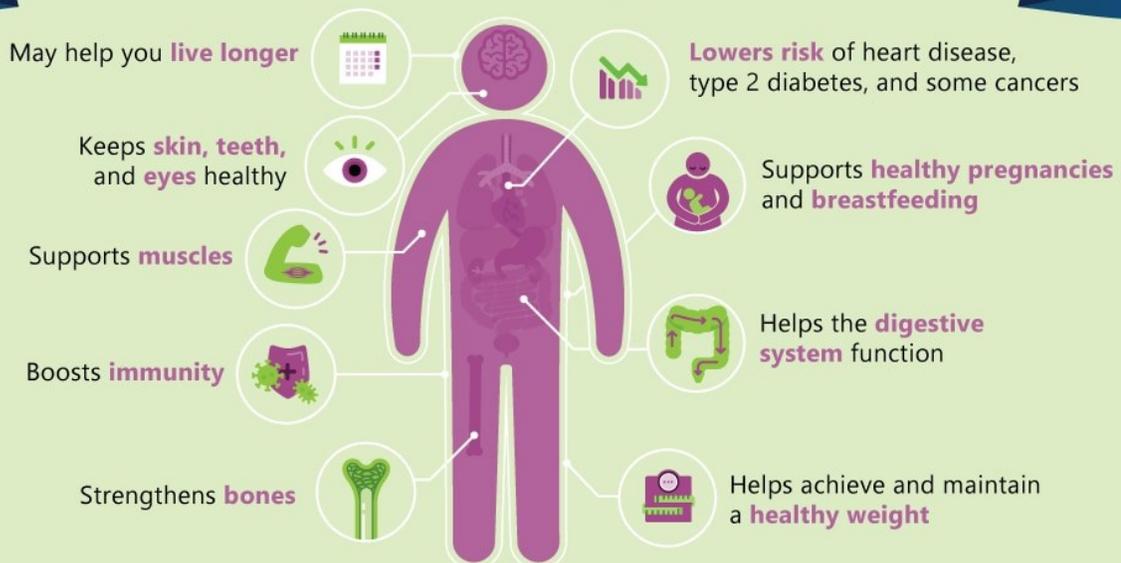
NATIONAL NUTRITION MONTH®
Campaign Resources

<https://www.cdc.gov/nutrition/features/index.html>

Benefits of Healthy Eating for Children



Benefits of Healthy Eating for Adults



Brain injury awareness month:

Know the signs, prevent the risks



March is Brain Injury Awareness Month, a vital time to bring attention to traumatic brain injuries. This month focuses on educating the public about the importance of preventing traumatic brain injuries and understanding how to recognize the signs and symptoms. By spreading awareness, we can encourage people to take proactive steps to minimize their risk and ensure quicker, more effective responses to brain injuries, ultimately improving outcomes for those affected.

A traumatic brain injury (TBI) occurs when there is an external force that impacts the head, causing a disruption to the brain's normal functions like thinking, memory, coordination and emotional control. In some mild cases, a TBI might result in a concussion, which can cause temporary confusion, dizziness or headaches. More severe cases may lead to permanent disabilities, cognitive impairments, changes in personality or even death. A TBI can be caused by:

- A bump, blow, or jolt to the head – These types of impacts are common in accidents, sports activities, falls or vehicle collisions. Even a minor bump can cause damage to the brain, depending on the severity and location of the impact.
- A penetrating head injury – This happens when an object (such as a bullet or a piece of shrapnel) enters the skull and damages the brain tissue directly. This type of injury tends to be more severe, often requiring immediate medical intervention.

According to the Centers for Disease Control and Prevention (CDC), TBIs are a leading cause of death and disability in the United States, commonly caused by falls, firearm-related injuries, motor vehicle crashes or assaults. However, there are several effective ways to reduce the risk of sustaining a traumatic brain injury.

- Wear a seat belt every time you drive – or ride – in a motor vehicle.
- Never drive while under the influence of alcohol or drugs.
- Wear a helmet, or appropriate headgear, when you or your children:
 - Ride a bike, motorcycle, snowmobile, scooter, or use an all-terrain vehicle
 - Play a contact sport, such as football, ice hockey, or boxing

- Use in-line skates or ride a skateboard
- Bat and run bases in baseball or softball
- Ride a horse
- Ski or snowboard
- Prevent Older Adult Falls
- Talk to your doctor to evaluate your risk for falling, and talk with them about specific things you can do to reduce your risk for a fall.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines, over-the-counter medicines, herbal supplements and vitamins.
- Have your eyes checked at least once a year, and be sure to update your eyeglasses if needed.
- Do strength and balance exercises to make your legs stronger and improve your balance.
- Make your home safer by limiting potential fall hazards.
- Make living and play areas safer for children
- Install window guards to keep young children from falling out of open windows.
- Use safety gates at the top and bottom of stairs when young children are around.
- Make sure your child's playground has soft material under it, such as mulch or sand.

Brain injuries are extremely serious and require evaluation by a provider experienced in assessing head injuries. This typically involves a brain CT scan and a formal neurological exam. For more moderate to severe traumatic brain injuries, an immediate trip to the emergency room is crucial for further evaluation by a team of neurological specialists, especially if any of the following symptoms are present:

- Loss of consciousness
- Headache
- Confusion
- Difficulty talking, such as slurred speech
- Inappropriate emotional responses
- Blurred vision
- Problems with balance and walking
- Poor coordination
- Vomiting
- Lethargy
- Slow pulse
- Slow breathing
- Memory problems

It's important for those who have experienced a TBI to stay in close communication with their healthcare provider to receive appropriate care and monitoring. Depending on the severity of the injury, some symptoms may improve with time, but others can become long-lasting or even permanent. If symptoms persist or worsen, it's vital to contact your healthcare provider about the next steps for treatment to ensure the best possible outcome. Early intervention, ongoing support and an individualized care plan are critical to helping individuals recover and adapt to any lasting effects of a TBI.

<https://www.nyuhs.org/news-search/brain-injury-awareness-month-know-signs-prevent-risks>

Much of the water we use in the United States comes from the ground. The [U.S. Geologic Survey](#) estimated that more than 1 in 3 people in the U.S. get their drinking water from the ground. The other main [source of drinking water](#) is surface water, such as lakes or rivers.

Groundwater is found below the earth's surface in spaces between rock and soil. We get groundwater through springs and by drilling wells and pumping it out. All private wells and many public water systems use groundwater as their water source.

KEEPING GROUNDWATER SAFE

Some groundwater is safe to use without first [treating it to remove germs and chemicals](#).

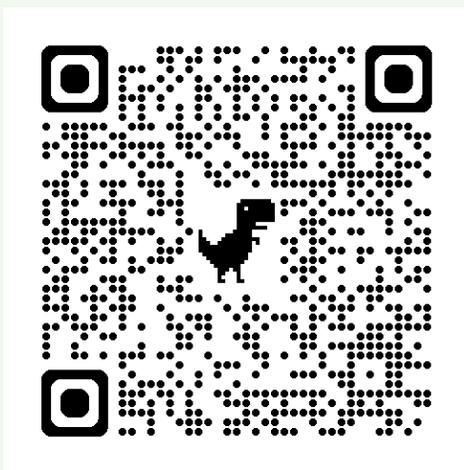
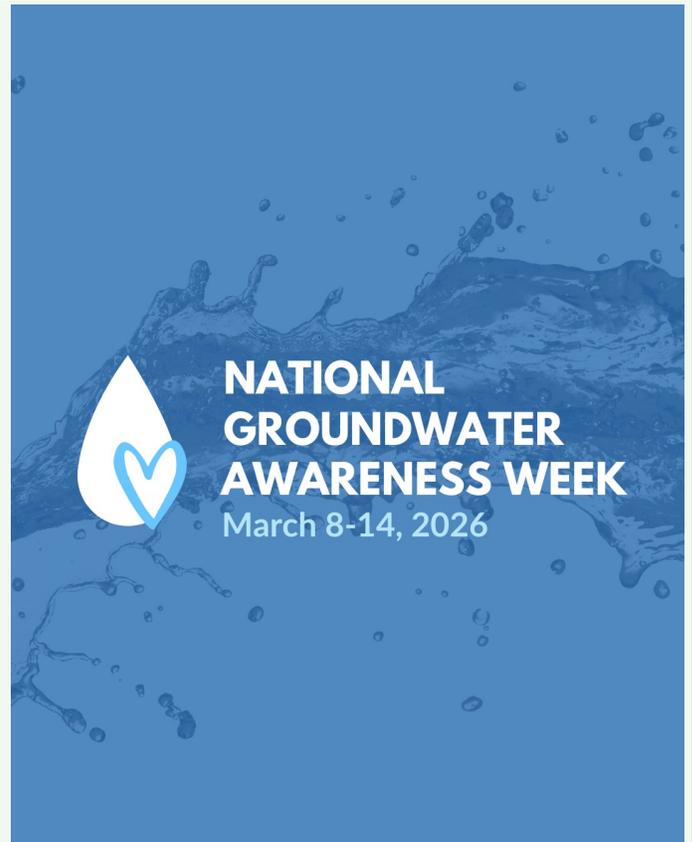
In other areas, groundwater may be contaminated with:

- Germs
- Naturally occurring chemicals (such as arsenic)
- Man-made chemicals (such as pesticides or mining waste)

Drinking contaminated groundwater can [make you sick](#). That's why it's important to protect groundwater from harmful germs and chemicals and [treat water](#) if it is contaminated.

Protect groundwater by:

- [Maintaining your septic system](#) if you have one.
- Following the directions on products with harmful chemicals—such as lawn chemicals, pesticides, motor oil, and cleaners—and [disposing of them properly](#).
- Disposing of expired and unwanted medications through [drug take-back programs](#) rather than flushing them down the toilet or drain.



[Drinking Water Standards and Regulations](#)

[Well Water Safety](#)





Ten ways to protect and conserve groundwater

1. **Go native:** Use native plants in your landscape. They look great, and don't need much water or fertilizer. Also choose grass varieties for your lawn that are adapted for your region's climate, reducing the need for extensive watering or chemical applications.
2. **Reduce chemical use:** Use fewer chemicals around your home and yard, and make sure to dispose of them properly — don't dump them on the ground!
3. **Manage waste:** Properly dispose of potentially toxic substances like unused chemicals, pharmaceuticals, paint, motor oil, and other substances. Many communities hold household hazardous waste collections or sites — contact your local health department to find one near you.
4. **Don't let it run:** Shut off the water when you brush your teeth or while shaving, and don't let it run while waiting for it to get cold. Keep a pitcher of cold water in the fridge instead.
5. **Fix the drip:** Check all the faucets, fixtures, toilets, and taps in your home for leaks and fix them right away or install water conserving models.
6. **Wash smarter:** Limit yourself to just a five-minute shower and challenge your family members to do the same! Also, make sure to only run full loads in the dish and clothes washers.
7. **Water wisely:** Water the lawn and plants during the coolest parts of the day and only when they truly need it. Make sure you, your family, and your neighbors obey any watering restrictions during dry periods.
8. **Reduce, reuse, and recycle:** Reduce the amount of “stuff” you use and reuse what you can. Recycle paper, plastic, cardboard, glass, aluminum and other materials.
9. **Natural alternatives:** Use all natural/nontoxic household cleaners whenever possible. Materials such as lemon juice, baking soda, and vinegar make great cleaning products, are inexpensive, and environmentally friendly.
10. **Learn and do more!** Get involved in water education! Learn more about groundwater and share your knowledge with others.



5 WAYS TO SAVE WATER

Every. Drop. Counts.



Fix leaks



Rainwater harvesting



Bucket baths instead of long showers



Water plants early morning/evening

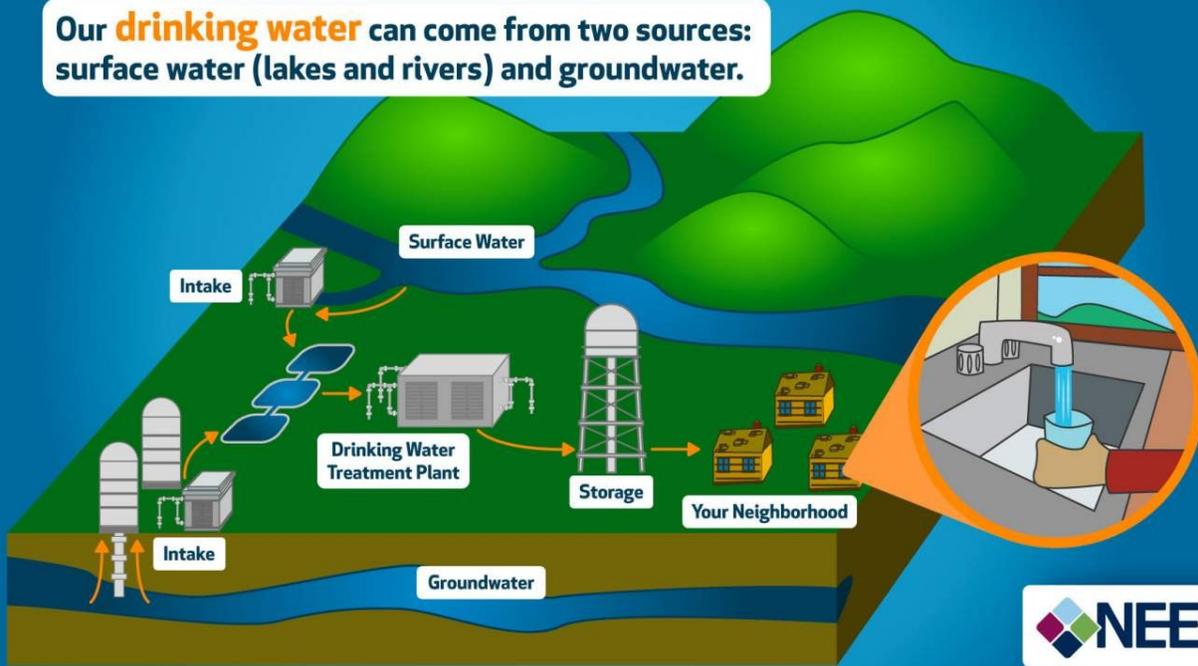


Reuse wastewater for cleaning/gardening

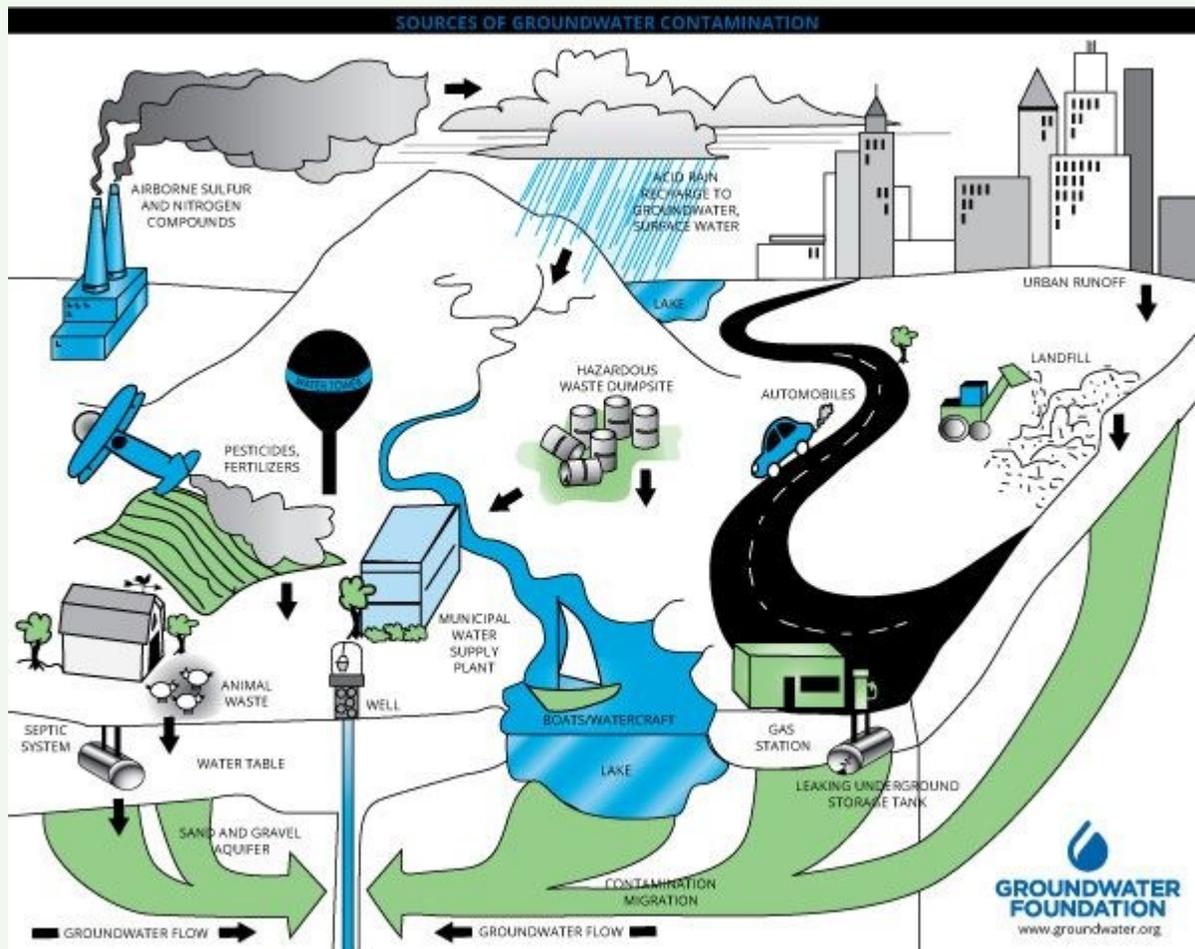
@nationalgroundwater

#GWA26

Our **drinking water** can come from two sources: surface water (lakes and rivers) and groundwater.



Groundwater is found below the earth's surface in spaces between rock and soil. It is an important source of water for both public water systems and private wells.



Infographic showing several common sources of groundwater contamination.

WHAT IS MULTIPLE SCLEROSIS (MS)?

Multiple sclerosis (MS) is a chronic neurological disorder. It's an autoimmune disorder, meaning that in MS, the immune system—which normally protects us from viruses, bacteria, and other threats—mistakenly attacks healthy cells. MS symptoms usually begin in young adults, between ages 20 and 40.



MS affects people differently. A small number of people with MS will have mild symptoms with little disability, but others will experience worsening symptoms that will lead to increased disability over time. Most people with MS have short periods of symptoms that resolve fully or partially after they appear. These periods are followed by long stretches without noticeable symptoms. Most people with MS have a normal life expectancy.

MYELIN AND THE IMMUNE SYSTEM

In MS, the immune system attacks myelin in the central nervous system. Myelin is a mixture of protein and fatty acids that makes up the protective cover (known as the myelin sheath) that coats nerve fibers (axons). Myelin is what gives the brain's white matter its whitish appearance and helps with communication between neurons. The central nervous system is made up of the brain and the spinal cord.

In addition to causing damage to the myelin sheath, MS also damages the nerve cell bodies, which are found in the brain's gray matter, as well as the axons themselves. As the disease progresses, the outermost layer of the brain, called the cerebral cortex, shrinks. This process is known as cortical atrophy. The way that cortical atrophy happens in MS may connect it with some neurodegenerative disorders.

Sclerosis is a medical term for the distinctive areas of scar-like tissue (also called plaques or lesions) that result from the attack on myelin by the immune system. These areas are visible on an MRI (magnetic resonance imaging) scan. The patches of scar-like tissue can be as small as the head of a pin or as large as a golf ball.

The symptoms of MS depend on the severity of the attacks as well as the location and size of the plaques.



SYMPTOMS OF MS

Early MS symptoms often include:

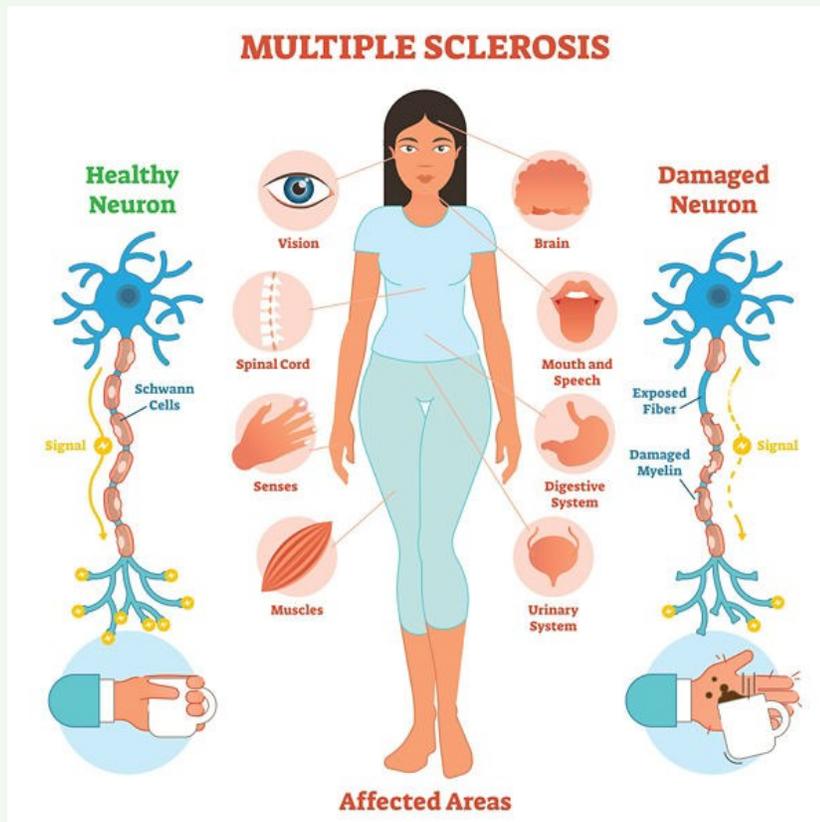
- Vision problems, such as double vision or optic neuritis (inflammation of the optic nerve), which causes pain with eye movement and vision loss
- Muscle weakness, often in the arms and legs, and muscle stiffness with painful muscle spasms
- Tingling, numbness, or pain in the arms, legs, trunk, or face
- Clumsiness, especially difficulty staying balanced when walking
- Bladder control problems
- Intermittent or constant dizziness

MS may also cause other symptoms, such as:

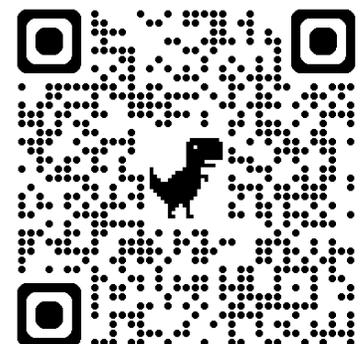
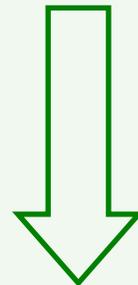
- Mental or physical fatigue
- Mood changes such as depression or difficulty with emotional expression or control
- Cognitive changes—including problems concentrating, multitasking, thinking, or learning, or difficulties with memory or judgment

Muscle weakness, stiffness, and spasms may be severe enough to affect walking or standing. In some cases, MS leads to partial or complete paralysis. People with MS often use a wheelchair, especially if they're untreated or have advanced disease. Many people with MS find that their symptoms are worse when they have a fever or are exposed to heat or following common infections.

Pain is rarely the first sign of MS, but pain often happens with optic neuritis and [trigeminal neuralgia](#). Painful limb spasms and sharp pain shooting down the legs or around the abdomen can also be symptoms of MS.



Info on multiple sclerosis



Plum Caprese with White Balsamic Vinaigrette Recipe

Traditional caprese gets a makeover with added plums, mint and white balsamic vinaigrette, tossed together and served like salad.



Prep Time: 15 minutes

Ingredients

4 ripe plums, pitted and diced
1 pint cherry tomatoes, halved
1 (8-ounce) container cherry-sized fresh mozzarella balls, drained and each ball halved
12 fresh basil leaves, sliced thin
8 fresh mint leaves, sliced thin
¼ cup (57 milliliters) white balsamic vinegar
2 tablespoons (31 milliliters) olive oil
2 teaspoons (18 milliliters) honey
1 teaspoon Dijon mustard
¼ teaspoon kosher salt
Pinch black pepper

Directions

1. Place plums, tomatoes, mozzarella, basil and mint in a large mixing bowl.
2. In a separate bowl, whisk together balsamic vinegar, olive oil, honey, Dijon mustard, salt and pepper.
3. Pour vinaigrette over the salad and toss gently to combine.

Transfer salad to a serving bowl and enjoy immediately.

Nutrition Information

Servings: 6

Serving Size: 1 cup (161 grams)

Calories: 224; Total Fat: 16g; Saturated Fat: 7g; Cholesterol: 32mg; Sodium: 154mg; Carbohydrate: 12g; Fiber: 1g; Sugar: 5g; Protein: 9g; Potassium: N/A; Phosphorus: N/A.

Source: <https://www.eatright.org/recipes/salads/plum-caprese-with-white-balsamic-vinaigrette-recipe>



How to Handle Food Cravings

Food cravings can be complicated. Some cravings may be linked to hormones, for example, during pregnancy. Whereas other cravings may be linked to nutrient deficiencies, such as iron deficiency anemia. It's also possible for cravings to be fueled by memories, certain times of year or smells.

Cravings may become overwhelming or lead to overeating and feelings of guilt. This may happen when people follow restrictive diets or completely cut out groups of foods. A balanced eating plan that allows foods you enjoy can be easier to maintain since you aren't eliminating those foods completely from your life.

If you sometimes crave chocolate, keep some dark chocolate on hand. Eat it mindfully, enjoy the experience and put it away when you're satisfied.

Here are other tips for handling food cravings.

- **Schedule your snacks.** Plan for nutritious snacks to keep your body fed. Keep portable, nutrient-dense snacks in your desk, backpack or car.
- **Take a walk, work on a hobby or call a friend.** When an intense craving hits, take a moment to consider what else you might be needing at that moment. Are you actually hungry or are you bored or lonely?

Keep a craving journal. Note the time of day your craving appeared, how long it lasted, the food you craved and how you handled the situation.

If you feel a lack of control due to your cravings, excessive guilt or are craving non-food items, discuss your symptoms with your health care provider for further evaluation.

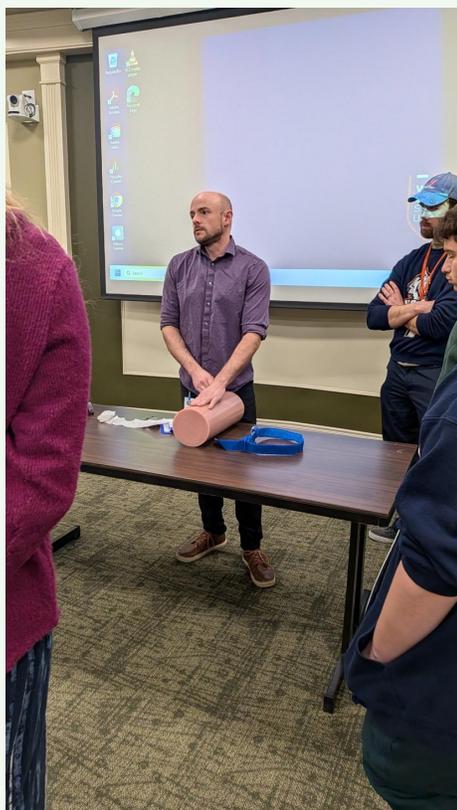
TAHD Provides Stop the Bleed Training at Western Connecticut State University

On February 18 and 25, Torrington Area Health District staff provided Stop the Bleed training sessions at Western Connecticut State University. The classes were attended by both students and university staff and focused on recognizing life-threatening bleeding and applying immediate lifesaving interventions.

Participants practiced hands-on skills including proper tourniquet application, wound packing, and direct pressure techniques. The goal of the training was to increase community readiness and empower individuals to take action during emergency situations before first responders arrive.

In addition to Stop the Bleed instruction, attendees had the opportunity to participate in Hands-Only CPR and Narcan (naloxone) administration training provided by partner instructors. These combined efforts help strengthen campus preparedness and reinforce practical public health skills within the community.

TAHD remains committed to supporting local organizations and educational institutions through training initiatives that promote health, safety, and emergency preparedness.



Demonstration of tourniquet application techniques.



Students and staff practicing hands-on bleeding control skills.



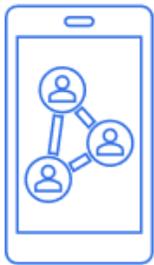
Group instruction session at Western Connecticut State University.



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.)

A Parent's Vaccine Guide is currently in review, with plans to soft launch in December. The guide is part of our *Protect Who Matters Most* campaign which will fully launch during World Immunization Week: April 24-30, 2026.

- Vaccine Educational Materials:



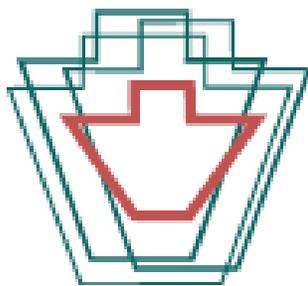
- Vaccine Guide
 - What are Vaccines
 - A-Z of Vaccines
 - Vaccine Schedules by Age
 - Myth-busting
 - Finding Reliable Sources
- Checklists, social posts, etc. will be created from the guide



COMMUNITY UPDATES

Refined Senior Living With a Family Feel

Litchfield County's Best Kept Secret



Keystone Place *at Newbury Brook*

A Life Fulfilling Retirement Community

Use your phone's camera to scan this QR code for a **FREE, private online assessment**



**INFO
SESSION**

**1ST THURSDAY
OF EACH MONTH**

Living Well, Aging Gracefully

**1ST THURSDAY
OF EACH MONTH
1:30-3:30 PM**

**1058 Litchfield Street • Torrington, CT 06790
(860) 404-6254 • KeystonePlaceAtNewburyBrook.com**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE    

COMMUNITY UPDATES

Have clothes you don't wear? Tired of old outfits?
Want to shop for new clothes?

Spring Cleaning with Meaning
starts here!



Help the Center for Youth and Families
clothes at-risk mothers with Strength, Love and Hope by
Donating to the 9th Annual Mother's Day Event!



Spring and Summer items:

- Blouses
- Pants
- Shirts
- Shorts
- Dresses/Skirts
(Please, no swimsuits)

Additional helpful items:

Gift cards, accessories (sunglasses, earrings, bracelets, necklaces), NEW undergarments (underwear, socks, bras) and NEW self-care items (unopened shampoo, conditioner, lotions, body washes, no perfume please due to allergies and sensitivities).

Important Donation information:

Drop off dates: **January 26, 2026, through April 24, 2026**

Drop off location: **Center for Youth and Families
50 Litchfield ST, Torrington, CT**

***Please call 860-496-0867 with any questions
Ask for a member of the Child FIRST Program***

COMMUNITY UPDATES

Attn: Teachers, Staff, Families & Community

Please join us for a

Family Resource Center OPEN HOUSE

Wednesday, March 11th from 2:30-4:30 pm

Vogel-Wetmore School, 68 Church St., Torrington

Questions? please call 860-489-8552



**Come see what your FRC does
and what we can offer to
Torrington families!**

Free resources, food & giveaways!!

A program of

EdAdvance
Educate • Collaborate • Innovate



COMMUNITY UPDATES

No Cost Treatment for Alcohol and Drug Use!

Mass General Brigham IRB
APPROVAL EFFECTIVE DATE
3/14/2025

Ages 14-21

This is an opportunity to receive online or in-person treatment at no cost, plus up to \$250 for research participation.

10 Talk Therapy Sessions | No Medications



The study includes:

- Quick phone screen for eligibility
- Baseline research assessment
- 2 individual treatment sessions
- 8 group sessions
- 3, 6, 9, 12 month follow-up assessments

**If interested, please call study staff at 959-529-4538
or email youthrecoveryprogram@uchc.edu.**

All calls and emails are confidential

h.uconn.edu/youth-recovery-program

UConn
HEALTH

Principal Investigator: Yifrah Kamtner, M.D.
IRB# 024-054-1



COMMUNITY UPDATES

Town of **WINCHESTER** *Connecticut*

PRESENTS: SARAH TOOMEY Winsted Cares Coordinator



Sarah Toomey

Community Outreach & Recovery Navigator at
Greenwoods Counseling & Referrals, Inc.

Email: stoomey@greenwoodsreferrals.org

Call/text: (860) 309-3845

Strengthening Winsted's response to substance use, mental health challenges, social service referrals, and emergency services support.

SERVICES

- Navigating recovery options
- Social service referrals
- Addressing barriers to care
- Care coordination
- Community outreach
- Supporting vulnerable populations
- Supporting businesses and first responders

WINSTED OFFICE HOURS

Town Hall: Fridays 8:00 - 11:00

Soup Kitchen: Wednesday & Friday 11:15 - 12:30

Community outreach: Friday 12:30-4:00

Winsted Town Hall: Wednesdays 8:30-11:00, 12:30-4:30

By appointment M, T, TH



GREENWOODS
COMMUNITY OUTREACH

COMMUNITY UPDATES



RECOVERING TOGETHER

A support group for families caring for a loved one with a substance use disorder.

Substance use disorders affect the entire family—spouses, children, siblings, other relatives, and friends. This group offers support and guidance for anyone caring for a loved one, whether they're actively using or in any stage of recovery.

Every Wednesday from 5:30 p.m. – 7:00 p.m.

Attend in person or join us on Zoom.

Trained counselors will help you learn about:

- The stages of addiction, recovery, and change.
- Codependency, enabling, and their impact on recovery.
- The science of addiction and how it affects the brain.
- Understanding and preparing for return to use.
- Family roles, addiction within a family, and family rules.

To RSVP, contact:

Ewa Szura, LMSW, Residential Clinician



“

“It was helpful to hear other people’s perspectives on the situation. I learned skills that I wish I knew years ago, which would have reduced my stress level.”

”

“We get support by sharing our own personal experiences with peers. We learn about ourselves and how our loved one’s disease has affected us. We develop skills to handle our issues and cope better.”

COMMUNITY UPDATES



State of Kent
CONNECTICUT



McCall Behavioral
Health
NETWORK

mccallbhn.org

QPR Gatekeeper Training

Thursday, March 19, 2026

1:00 p.m. – 2:30 p.m.

41 Kent Green Boulevard, Kent

[Click here to register.](#)

Registration is required.



SCAN ME



Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*

Key Components Covered:

- How to **Q**uestion, **P**ersuade, and **R**efersomeone who may be suicidal.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for yourself and others in crisis.

For more information, email Donna Bielefield, Prevention Facilitator
at donna.bielefield@mccallbhn.org.

COMMUNITY UPDATES



mccallbhn.org

QPR Gatekeeper Training

The First Thursday of Every Month

10:00 a.m. - 11:00 a.m.

CCAR Torrington, 59 Field Street, Torrington

[Click here to register.](#)

Registration is required.



SCAN ME



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COMMUNITY UPDATES

Start Here for Community Health - MARCH 2026



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!

March 5	3 - 7pm	New Opportunities, Inc. 60 Commercial Blvd., Torrington (EVENING)
March 12	10am-2pm	Salvation Army of Torrington 234 Oak Avenue
March 13	9am-1pm	Friendly Hands Food Bank 789 Winsted Road, Torrington (FRIDAY)
March 19	10am-2pm	Open Door Soup Kitchen 160 Main St., Winsted (in back of church)
March 26	9am-1pm	Community Soup Kitchen of Torrington



We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

📞 Call 860.986.3078 ✉ Email neighborhoodhealth@hhchealth.org

🌐 Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



Hartford HealthCare's *Neighborhood Health* program brings essential health services directly into local communities through regularly scheduled mobile clinics. These clinics offer free or low-cost preventative care, basic health screenings, vaccinations, chronic disease support, and connections to community resources. Neighborhood Health is designed to meet people where they are, reducing barriers to care and supporting overall community wellness.

COMMUNITY UPDATES



MAPLEWOOD – TRANSITIONAL CARE

at Keystone Place at Newbury Brook

Bridging the Gap Between Assisted Living and Memory Care

A TRANSITIONAL CARE SOLUTION DESIGNED WITH COMPASSION

At Maplewood – Transitional Care, we recognize that every journey through memory loss is unique. That's why we've created a thoughtfully designed transitional care program for individuals in the early stages of dementia or memory impairment.

Maplewood offers the perfect balance between the independence of assisted living and the supportive structure of memory care. Residents benefit from a non-secured environment during the day that encourages freedom and autonomy, paired with the added safety of a secured setting at night — providing peace of mind and additional support when it's needed most.

PERSONALIZED CARE FOR MIND, BODY, AND SPIRIT

Each day at Maplewood is designed with intention, supporting the whole person through:

- **Cognitive Stimulation** – Engaging programs and activities to keep the mind active
- **Social Interaction** – Opportunities to form meaningful connections
- **Physical Wellness** – Daily routines that promote strength, movement, and vitality
- **Emotional Support** – Compassionate care for residents and reassurance for families

Our dedicated team delivers personalized attention in a warm, nurturing environment where each resident is treated with dignity, respect, and genuine compassion.

*Discover the difference of transitional care
— where independence meets support.*

Contact us today to learn more or schedule a personal tour.



Keystone Place
at Newbury Brook

A Life Fulfilling Retirement Community

Keystone Place at Newbury Brook

1058 Litchfield St. • Torrington, CT 06790

Phone: (860) 618-7370 | KeystonePlaceAtNewburyBrook.com



COMMUNITY UPDATES

TriCircle Presents:

Memorial Quilt Square Project

*Hosted by the McCall Behavioral Health Network,
in memory of Sean-Michael Shepherd.*

Saturday, March 7

10:00 a.m. - 3:00 p.m.

Join us at the McCall Whole Health Center
969 West Main Street, Waterbury
3rd Floor, Unit 3A Conference Room

**Light refreshments will be provided.
Supplies will be made available at no cost.**

*This event is open to anyone who has lost a loved one to substance use.
The memorial quilt honors those lives, transforming grief into awareness, and
will travel to community events so their memory can live on.*



McCall Behavioral
Health



We Provide the Tools to Build Strong Patients

Let us know you're coming! Email Seth Goldfarb at

Seth.Goldfarb@mccallbhn.org

COMMUNITY UPDATES



Baby & Me Support Group **Starting March 18, 2026**

A welcoming space for you and your baby

Join us for a gentle, supportive group for parents and caregivers with babies. This is a safe, non-judgmental space to connect, share experiences, and feel supported during the early stages of parenthood.

Come as you are — babies, emotions, and quiet moments are all welcome

What to expect:

- Peer support in a calm, caring environment
- Connection with other parents & caregivers
- Babies welcome
- No pressure to share — listening is okay

When:

Every third Wednesday of the month: 11:00 AM – 12:00 PM

Where: Kids Play Children’s Museum

61 Main St Torrington, CT 06790

Who: Parents & caregivers with infants

Cost: FREE

In collaboration with:

Charlotte Hungerford Hospital
New Opportunities Inc.

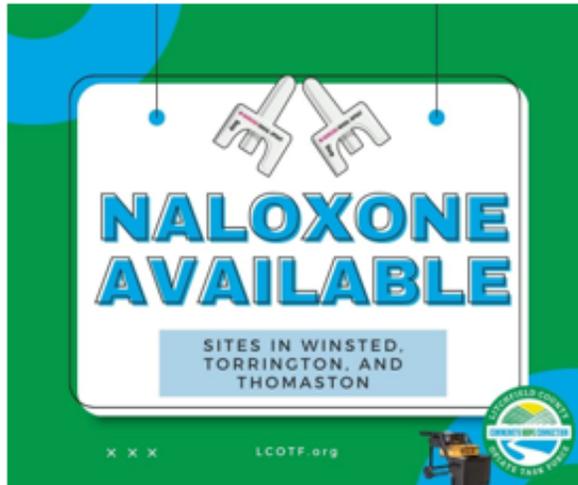
Questions? Reach out to:

Tasha LaViera — 860-459-2842
Cristina Mera — 203-725-4892



COMMUNITY UPDATES

January Harm Reduction Report



Please Respond to this **TWO MINUTE** survey!

The Statewide Harm Reduction Partnership is requesting your feedback in shaping priorities coming into the new year and next legislative cycle. Your feedback is crucial in ensuring that our collective efforts are aligned with the needs and priorities of our community! Questions, or want more info on SHaRP? Reach out to Kyle at kyle.fitzmaurice@mccallbhn.org

Participant Reported Overdose Data

6 people reported a total of 8 witnessed or experienced overdoses, 4 of the reported overdoses occurred within homes. 911 was contacted for 1 of the overdose events. All parties survived.

Harm Reduction Data:

In the month of January, the task force had 170 harm reduction interactions, passed out 56 IDU kits, 137 smoking kits, 25 sniffing kits, 35 boofing kits, and 13 wound care kits. We passed out 4090 alcohol pads, 597 sterile waters, and 34 test strips (19 fent, 15 Xyl). **Our syringe return rate was at 83%.**

The Naloxone Saturation Rate from DHMAS for 2022 was 1,270 kits per population of 100,000 people. Litchfield County has roughly 185.19k people. Meaning our Naloxone Distribution rate would be 2,286 kits. As of December, we passed out **182 kits**. Based on all our partnerships, our Naloxone Saturation Rate is as follows. **Naloxone saturation is at 8% of our yearly goal.**

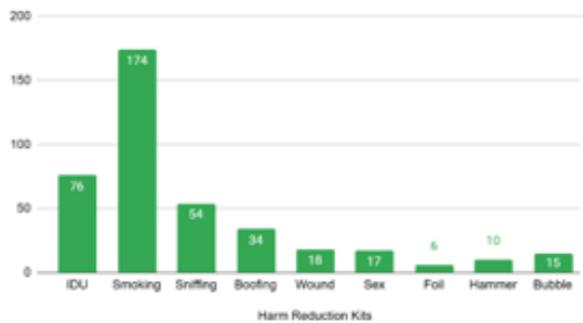
Overdose Spike!

On 1/30 the county saw 3 overdoses within 24 hours. A delayed report resulted in no spike alert, but 2 days later, on 2/1 the county saw another spike. Between the 25th and 31st, the county experienced 9 overdoses- matching what the other weeks of the month did altogether for a total of 18 overdoses.

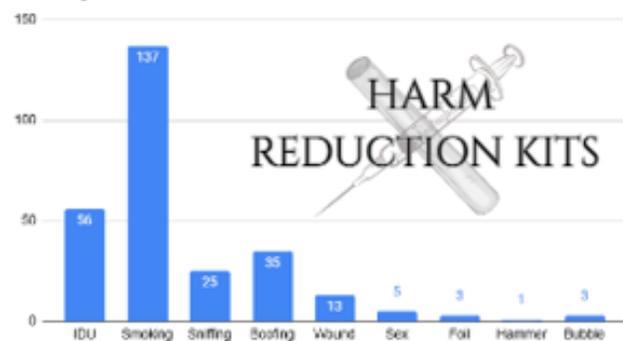


COMMUNITY UPDATES

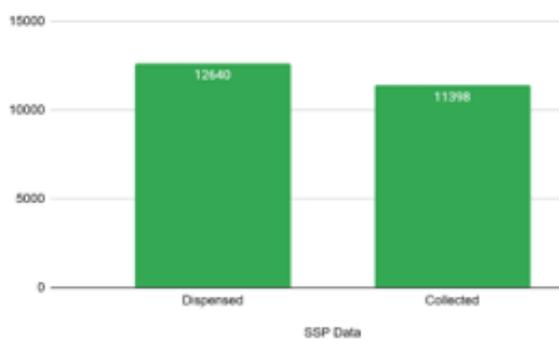
December Harm Reduction Kits



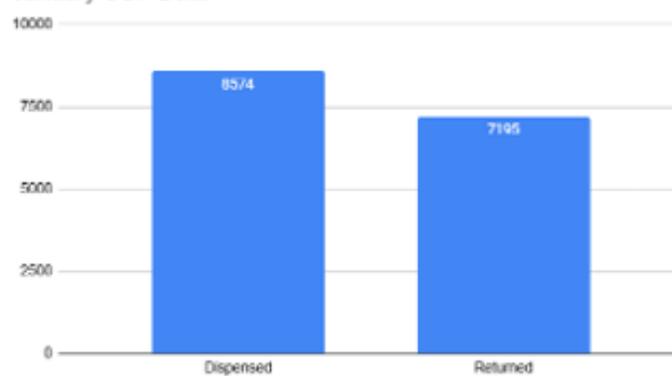
January Harm Reduction Kits



December SSP Data



January SSP Data



Kit Making day:

Kit making day has moved! It will be held on 2/26/26. 12-3 at 883 main street!

Call out for insights and quotes:

Based on feedback from the harm reduction subcommittee, I'm hoping we can continue to uplift voices of the outreach teams. Stories, experiences, insights from the field. This could be your "why", what drew you here, how you view the work that you do- how you *do* the work you do, etc. Please reach out to Kyle at kyle.fitzmaurice@mccallbhn.org to share.

Quotes from program participants:

Asked about tattoos All my friends are dead. Overdoses. All of them. This is how I remember them.

Drug Checking Report

January

13 Samples were tested

BOUGHT AS: CRACK/COCAINE (2 SAMPLES)

- Location Bought: Torrington
- Results:
 - Cocaine Freebase - Major

BOUGHT AS: FENTANYL

- Location Bought: Unknown
- Results:
 - Mannitol - Major
 - Fentanyl - Minor

BOUGHT AS: FENTANYL

- Location bought: Waterbury
- Results:
 - Mannitol - Major
 - Fentanyl - Minor
 - Procaine - Minor
 - Medetomidine - Trace
 - Xylazine - Trace

BOUGHT AS: HEROIN

- Location Bought: Waterbury
- Results:
 - Not enough to test on the FTIR
 - Positive Test Strips:
 - Fentanyl
 - Medetomidine

BOUGHT AS: FENTANYL

- Location bought: Torrington
- Results:
 - Mannitol - Major
 - Procaine - Major
 - Fentanyl - Minor

BOUGHT AS: DOPE (2 SAMPLES)

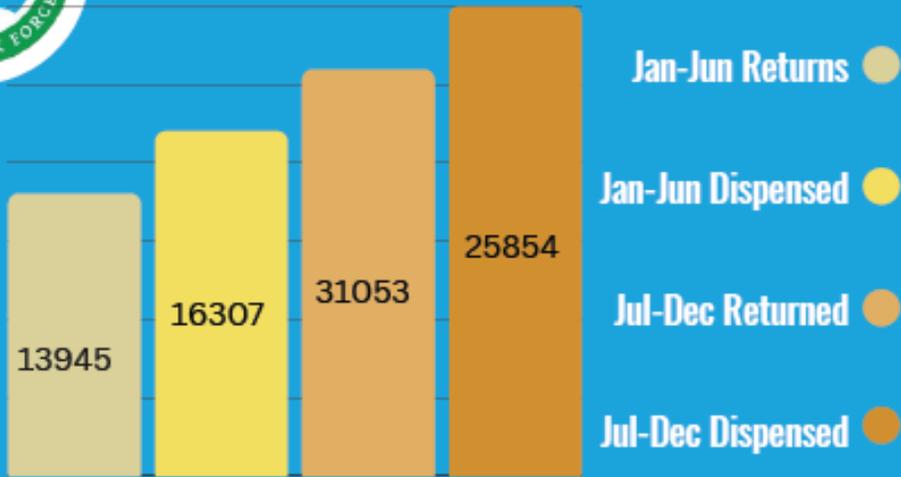
- Location Bought: Unknown
- Results:
 - Mannitol - Major
 - Acetaminophen - Major
 - Fentanyl - Major
 - Xylazine - Trace
 - Medetomidine - Trace

2025

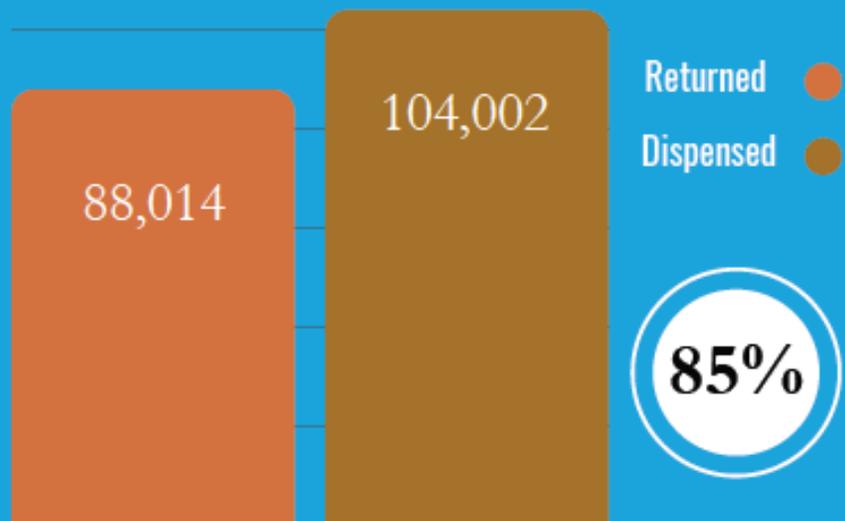
LITCHFIELD COUNTY OPIATE TASK FORCE SYRINGE SERVICE DATA



Syringe Service Program Data



Syringe Return Rate 2025



2025

LITCHFIELD COUNTY OPIATE TASK FORCE
HARM REDUCTION DATA

What is an SSP?

Proven to save lives, SSPs help connect people who use drugs to additional supports, prevent overdose deaths and the spread of disease, while also reducing the negative health consequences associated with drug use.

Does that really help?

People who access SSPs are 5x more likely to access treatment- but the objective really is quality of life! SSPs keep people safer- rather than condemning behavior, we meet people where they are at to offer connection, care, and safety planning!

What do SSPs do for the community?

SSPs are an exchange program- meaning we take used syringes from people who use drugs and give them sterile ones. This dramatically reduces used syringes in public spaces like trash cans, sidewalks, or elsewhere.

COMMUNITY UPDATES

2025

LITCHFIELD COUNTY OPIATE TASK FORCE HARM REDUCTION DATA

2025 Comparisons



What's an injection alternative?

Injection alternatives can offer a reduced likelihood of abscesses, infection, and vein damage. For some, it may be a way to make a step towards wellness without jumping to accessing formal treatment.



2025

LITCHFIELD COUNTY OPIATE TASK FORCE HARM REDUCTION DATA



108%
2472 kits

We did it!

Naloxone Saturation

The Naloxone Saturation Rate calculated by DHMAS was 1,270 kits per population of 100,000 people, meaning if achieved, roughly 80% of witnessed overdoses would have naloxone present. Litchfield County has roughly 185.19k people. Meaning our Naloxone Distribution rate would be 2,286 kits.

Sign up for Spike Alerts!

In Litchfield County, 3 overdoses within 24 hours is statistically significant per the Department of Public Health and requires a community response.

To sign up for text alerts when Spikes happen in our community, text "Spike" to 833.525.2037. Join in at a pop up site, visit for Naloxone, or to ask questions during a community response.



COMMUNITY UPDATES

2025

LITCHFIELD COUNTY OPIATE TASK FORCE THE FIGHT FOR OPCs CONTINUES!



What are OPCs?

Overdose Prevention Centers (OPCs) are spaces where people can bring in pre-obtained drugs to use. On site, trained staff can save their lives, if and when they stop breathing due to an overdose. Additionally, OPCs offer sterile supplies to stop the spread of disease and wrap-around services that connect people to treatment, wellness, and support in ways that are accessible to them

What's the latest?

LCOTF has been working hard in collaboration with the Statewide Harm Reduction Partnership (SHaRP) to advocate for legislative change and the legalization of Overdose Prevention Centers.

Interested in taking part in these efforts? Contact Kyle Fitzmaurice at kyle.fitzmaurice@mccalbhn.org or ctharmreductionpartnership@gmail.com



COMMUNITY UPDATES

 @SHARP.CT

OVERDOSE PREVENTION CENTERS.....



ARE COST EFFECTIVE

Less than 1% of overdoses in an OPC have been shown to require medical transport compared to 43% of overdoses in the community



CENTER ON CONNECTION

No coercion to treatment.
No shame.
Just love.



INCREASE ACCESS TO TREATMENT AND CARE



With a nonjudgmental approach and care without condition, OPCs and SSPs (syringe service programs) have notably shown higher likelihoods of a connection to treatment

REDUCE PUBLIC CONSUMPTION AND LITTER

Canada's OPC noted a 45% decrease of public drug use and a reduction of injection related litter after their doors opened.

ALREADY EXSIST

There are over 200 OPCs in 14 countries- The U.S. included- Rhode Island and New York being some of the closest.



OPCs have a proven track record of reduced risk of violence for people using drugs, and have not been shown to increase crime around the centers.

REDUCE OVERDOSE DEATHS

Trained staff are always nearby with oxygen and naloxone on hand in the event of an overdose.



COMMUNITY UPDATES

2025

QUOTES FROM OUR PEOPLE

"I know that at least once a week, I'm able to go somewhere where people are happy to see me, and genuinely care about me."

We can't wait for rock bottom, because at this point it's more than likely six feet under the ground.

-Cameron Breen

"I'm tired of seeing my friends overdose. I'm so glad that I have it, but I'm tired of having to use Narcan. I'm tired and I'm scared."

If it wasn't for you, I'd be dead.

"We really like having you guys here, the neighborhood is better, cleaner and keeps our neighbors safe. You do really important work."

"People think that you guys are enabling us to continue to use but we know you're keeping us safe and that when we're ready, you will be here."

COMMUNITY UPDATES

LITCHFIELD COUNTY OPIATE TASK FORCE OUT AND ABOUT WITH LCOTF

