

# 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.

## January 2026 Newsletter



Test Your Home. Protect Your Health.

### JANUARY IS NATIONAL RADON ACTION MONTH

You can't see, smell or taste radon, but it could be present at a dangerous level in your home. Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. In fact, the EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools and other buildings for radon.

Exposure to radon is a preventable health risk and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.



#### 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](http://www.tahd.org)

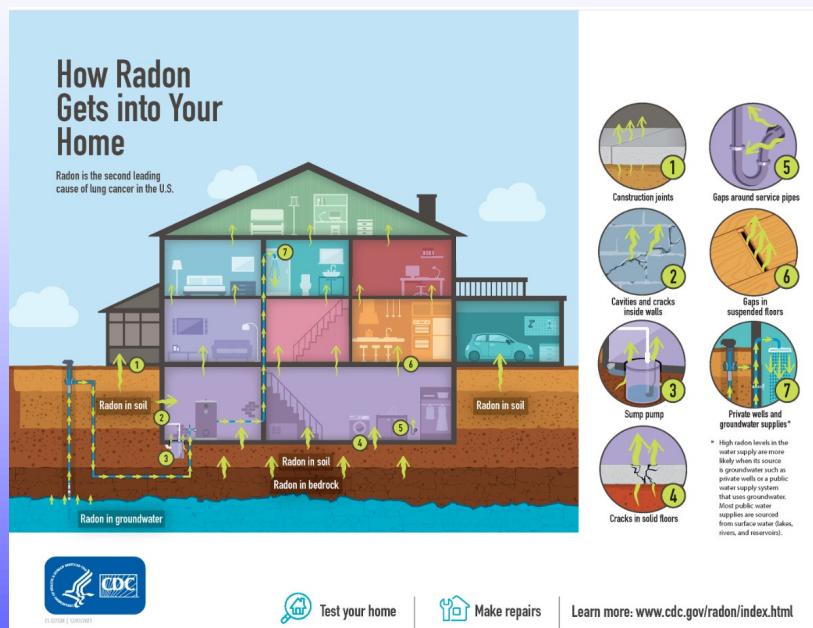


## Five Things You Can Do During National Radon Action Month

1. **Test your home** - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.
2. **Attend a National Radon Action Month event in your area** - Look for radon events in your community.
3. **Spread the word**
4. **Spend time during National Radon Action Month encouraging others to learn about radon and test their homes.**
  - Tell your family and friends about the [health risk of radon](#). Encourage them to test their homes.
  - [Plan an activity](#) in your community to help raise awareness.
  - Write an op-ed or letter to the editor using samples from the event planning resources.
  - Attract media attention by working with a local official to get a radon proclamation.

View EPA's [free radon publications](#).

5. **Buy a radon-resistant home** - Read more about radon-resistant new construction, "[Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes](#)" (PDF).
- **Build Green: It's Easy to Build New Homes Radon-Resistant ...**"The good news is you can build your customers a safer, healthier, radon-resistant home. The techniques to prevent radon from entering a home are practical and straightforward for any builder. It's an inexpensive way to offer families a benefit that could reduce their risk of lung cancer. And it's a smart way to build trust between you and your customer." *Fuad Reveiz, Member of the National Association of Home Builders*



<https://www.epa.gov/radon/national-radon-action-month-information>

## Test Your Home for Radon

**Testing is easy and low-cost — and it could save your life.**

You can't see radon gas. You can't smell it. But it's dangerous. Breathing in high levels of radon can raise your risk of lung cancer.

Testing your home is the only way to find out if you have a radon problem.

If you do, then you can fix it.

### Why is radon dangerous?

Radon comes naturally from rocks and dirt in the ground. There's always some radon in the air around us. The problem is when radon gas from underneath a home leaks in through cracks or gaps. Too much of it can build up inside.



When you breathe in radon gas, particles can get trapped in your lungs. Over time, they can cause lung cancer. The risks from radon depend on two things:

- **How much:** High radon levels are more dangerous.
- **How long:** The more contact you have with radon gas, the greater your risk.

After cigarette smoking, radon is the second leading cause of lung cancer deaths in the United States. Radon causes about 21,000 lung cancer deaths each year.\*

### Tobacco and Radon

Smoking and radon exposure each increase the risk of lung cancer, and the combination increases the risk even more.

People who smoke and live in homes with high radon levels have a risk of lung cancer that is 10 times higher than people who do not smoke and live in homes with high radon levels.

**Call 1-800-QUIT-NOW or visit [CDC.gov/quit](http://CDC.gov/quit) for free support and resources to help you quit smoking.**

\*Source: U.S. Environmental Protection Agency

National Center for Environmental Health

Division of Environmental Hazards and Health Effects



## Any home can have a radon problem.

High radon levels can be a risk anywhere in any state. Both old homes and new homes can have radon problems. So can homes with basements and homes without them. And 2 houses right next-door to each other could have very different radon levels.

That's why it's so important for **every home** to get tested.

### Test Your Home

The good news is that testing your home for radon is easy. You can do it yourself or hire someone to do it for you.

- **Get a radon test kit.** Contact your state radon office for resources in your area. You can either hire a radon tester or purchase a radon test kit from your state radon office, a hardware store, or calling 1-800-SOS-Radon.
- **Set up the testing device to check the air for radon.** Depending on the type of test, it may take just a few days or many months to finish the test.
- **Send the device to a lab** and wait for the results.



If your test results show a radon level of 4 picocuries per liter (pCi/L) or higher, test your home again. If the second test is also high, you need to fix the problem.

### If You Have High Radon Levels, Take Action

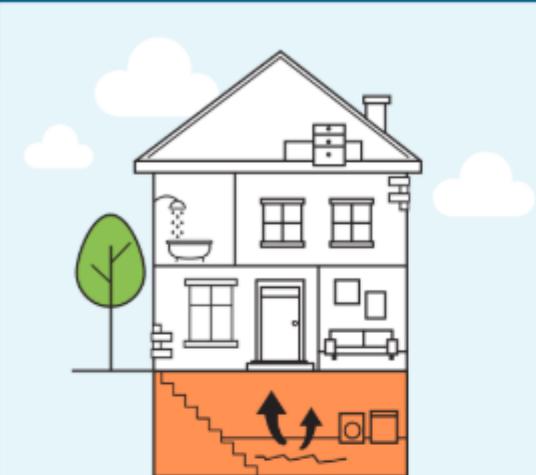
Finding out that your home has high radon levels can be scary. But you can make your home safer. Here's how:

- **Contact your state radon office** for advice and to find a specialist – called a mitigation contractor – to fix your home.
- **Test your home again after repairs are made.**

Radon in your home can be a serious health risk – but it's a problem you can fix. If you haven't tested your home for radon, get a test kit now.

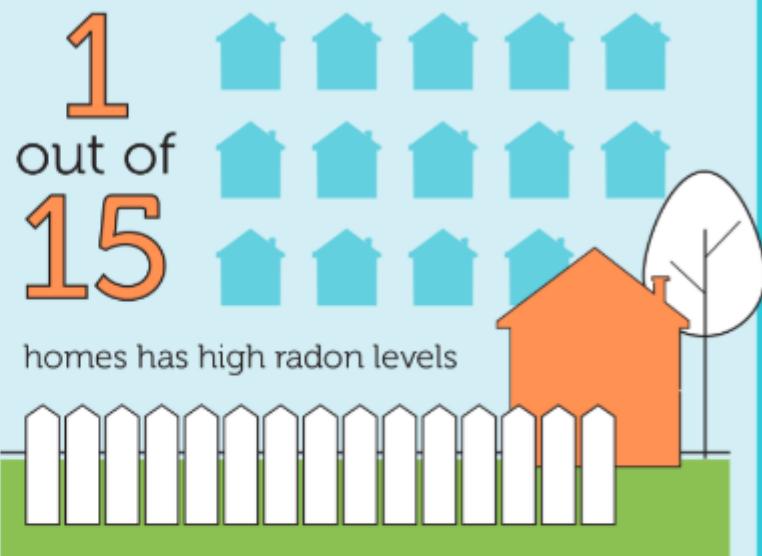
**Learn More About Radon:** Visit [www.cdc.gov/radon](http://www.cdc.gov/radon)

## Protect Your Family from Radon

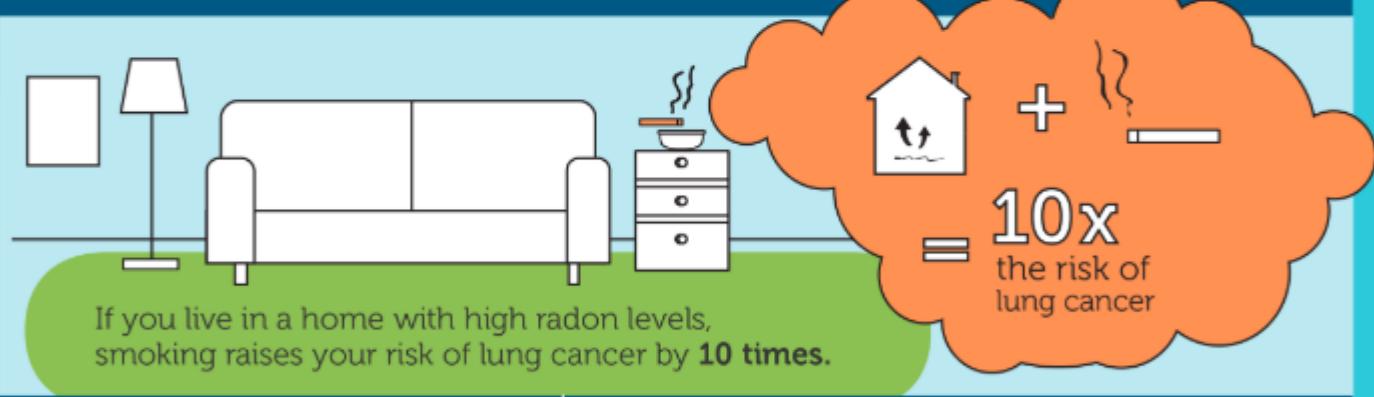


Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

Radon is a gas that you can't **see, smell, or taste** – but it can be dangerous. It's the second leading cause of lung cancer.

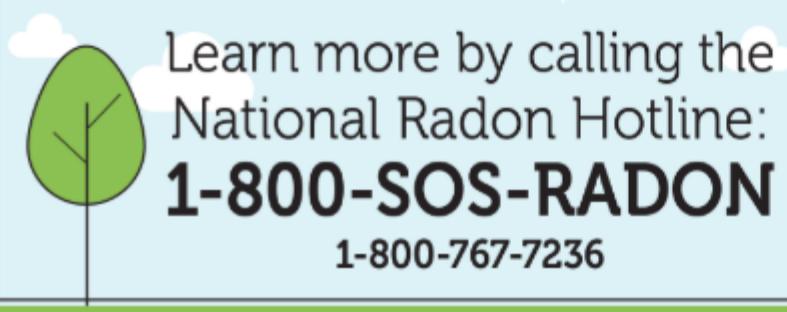


### Radon and Smoking: A Dangerous Combination



### Take the First Step

**There's good news** – you can protect your family by testing your home for radon.



Learn more by calling the National Radon Hotline:  
**1-800-SOS-RADON**  
1-800-767-7236



Centers for Disease Control and Prevention  
National Center for Environmental Health



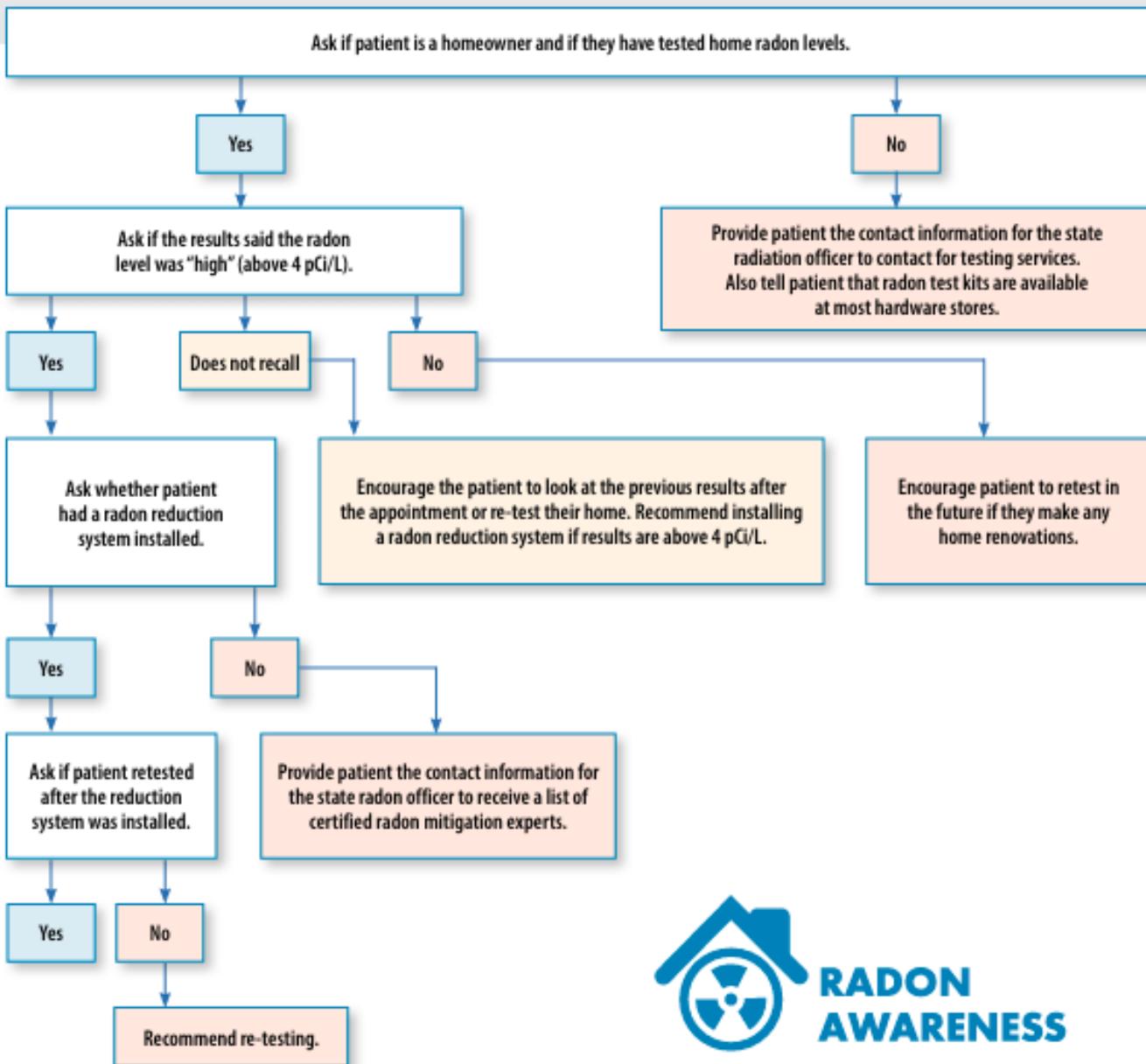
# Talk to Your Patients about Radon

Accessible link: <https://www.cdc.gov/radon/talk-to-your-patients.html>

Radon is the leading environmental cause of cancer deaths in the United States. Long-term exposure to high radon levels can cause lung cancer, including in people who have never smoked. The Environmental Protection Agency estimates that 21,000 people die from radon-associated lung cancer each year.

Patients can prevent radon-associated lung cancer by testing their homes and installing radon reduction systems, if needed. Unfortunately, there is a lack of awareness about radon in the general population. As a clinician, you can help protect your patients from this risk through education and recommendations based on their specific situation.

Below is a decision tree to help guide your patient interactions about radon. You may want to begin by telling your patient about the health effects from radon exposure, or sharing educational materials. Free resources are available on CDC's Radon Communication Materials webpage ([www.cdc.gov/radon/communications/index.htm](https://www.cdc.gov/radon/communications/index.htm)).



For more information: [cdc.gov/radon/radon-healthcareproviders](https://www.cdc.gov/radon/radon-healthcareproviders)

# JANUARY IS **GLAUCOMA** AWARENESS MONTH



More than 4 million people in the United States have glaucoma and about 35% have related vision loss. Both total glaucoma and vision-affecting glaucoma vary by demographic factors.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

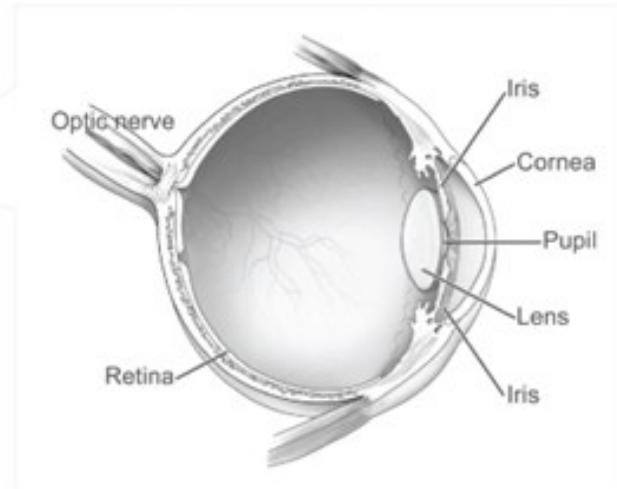
Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 80 million people worldwide have glaucoma. Experts estimate that half of them don’t know they have it. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

## Help Raise Awareness

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness:

- Talk to friends and family about glaucoma. If you have glaucoma, don’t keep it a secret. Let your family members know.
- Refer a friend to our web site, [glaucoma.org](http://glaucoma.org)
- Request to have a free educational booklet sent to you or a friend.
- Get involved in your community through fundraisers, online information sessions or group discussions, etc.



## What are the symptoms of glaucoma?

Often, there are no symptoms at first. Vision stays normal and there is no pain. But as the disease gets worse, side vision may begin to fail. Objects straight ahead may be clear, but objects to the side may not be seen. Over time, with no treatment, people with glaucoma may not be able to see objects straight ahead.

## Who is at higher risk for glaucoma?

Anyone can get glaucoma, but people at higher risk for glaucoma are:

- African Americans age 40 and older
- All adults age 60 and older, especially Hispanics/Latinos
- Those who have family members with glaucoma

Other factors that can increase the risk of glaucoma include:

- Diabetes
- Hypertension
- Previous eye injury

## How is glaucoma detected?

An eye care professional can determine whether a person has glaucoma through a comprehensive dilated eye exam. During this exam, drops are put into the eyes to enlarge the pupils. The eye care professional is then able to see more of the inside of the eye to check for signs of damage to the optic nerve. A dilated eye exam is important because screening for eye pressure alone is not enough to detect glaucoma.



## Medicare can help pay for part of a comprehensive dilated eye exam if a person:

- Has diabetes
- Has a family history of glaucoma
- Is an African American age 50 or older
- Is a Hispanic age 65 or older

For more information on this Medicare benefit, visit: [www.nei.nih.gov/Medicare](http://www.nei.nih.gov/Medicare).



## Does increased eye pressure mean that I have glaucoma?

Not necessarily. Increased eye pressure means you are at risk for glaucoma, but does not mean you have the disease. A person has glaucoma only if the optic nerve is damaged. If you have increased eye pressure but no damage to the optic nerve, you do not have glaucoma. However, you are at risk. Follow the advice of your eye care professional.

## How is glaucoma treated?

Glaucoma cannot be cured, but treatment can help control the pressure in your eye and delay further damage to the optic nerve. The most common treatments include:

- Medications, such as eye drops or pills
- Laser surgery
- Traditional surgery

Treatment usually begins with medication and, if needed, laser surgery. Traditional surgery is usually for patients whose eye pressure cannot be controlled with medication or laser surgery.

## How can I protect my vision?

Early detection and treatment are the best ways to control glaucoma before it causes permanent vision loss. If you are at higher risk for glaucoma, be sure to get a comprehensive dilated eye exam every one to two years.

To protect your vision from other risk factors, follow your doctor's instructions for managing diabetes and hypertension. And be sure to use protective eyewear in the workplace and during sports and recreational activities.

## For more information:

For more information, please contact the National Eye Institute (NEI) by email at [2020@nei.nih.gov](mailto:2020@nei.nih.gov) or visit [www.nei.nih.gov](http://www.nei.nih.gov).

While [cervical cancer](#) rates in the United States have [dropped](#) over the past few decades, the National Cancer Institute projected that approximately 13,360 individuals were diagnosed with cervical cancer in 2025, and 4,320 died from the disease.

## VACCINES TO PREVENT CERVICAL CANCER

For the most part, cervical cancer is a preventable disease. Nearly all cases of cervical cancer are caused by infections with high-risk strains of the [human papillomavirus \(HPV\)](#). Fortunately, the HPV vaccine currently used in the United States, Gardasil 9, can protect against seven high-risk HPV strains responsible for causing cancer and two known for causing genital warts.

The HPV vaccine is approved for males and females ages 9 to 45, with [recommendations](#) that they should get the first dose at age 11 or 12. Research has shown that [cervical cancer incidence is declining rapidly](#) in young women who were most likely to have received the HPV vaccines. For instance, a study showed that in women under 25 years old in the United States, cervical cancer incidence [decreased by 65%](#) from 2012 to 2019.

## EARLY DETECTION THROUGH SCREENING

In addition to preventative vaccines, [screening tests](#) can detect cancer at an early stage, when treatment is more effective than at a later point. Even precancerous conditions can be detected and treated.

Screening includes the well-known “Pap test” or “Pap smear.” This can detect cells that might indicate that cancer is present. Another test can detect an infection with high-risk HPV.

In May 2025, the U.S. Food and Drug Administration (FDA) approved the first at-home device for Pap smears, where individuals can collect samples themselves and send them in for tests. The year prior, the FDA approved the use of two other self-collection tests within a health care setting. Learn more about these options on [Cancer Research Catalyst](#), the official blog of the AACR.

## SCREENING RECOMMENDATIONS

The U.S. Preventive Services Task Force (USPSTF) [recommends](#) that women should start getting Pap tests every three years, beginning at age 21. From 30 to 65 years of age, the USPSTF recommends either the Pap test alone every three years; a high-risk HPV test alone every five years; or “cotesting” with both every five years. Testing isn’t recommended for most women over 65.

<https://www.aacr.org/patients-caregivers/awareness-months/cervical-cancer-awareness-month/>



Every 4.5 minutes a baby is born with a condition that affects the structure or function of their body. Collectively, these conditions are referred to as birth defects. They can vary widely in how and where they affect the body and include things from cleft lip to heart problems. While medical advancements have greatly improved health and survival, many of these conditions are lifelong and require lifelong care.



Achieving the best possible health will look different for different people. No two people living with these conditions are exactly alike. Everyone's journey is unique, shaped by their specific condition, individual strengths, and the support system in place. However, a community of support can help people with these conditions no matter what health experiences they are navigating.

Join CDC to raise awareness about birth defects. For parents or caregivers of children born with one of these conditions, CDC will discuss actionable tips that may help you:

- Seek out and advocate for coordinated care if you can.
- Help your child build skills toward independence as they grow.
- Connect to your local community.

## STEPS TO HEALTHY PREGNANCY

It is important to understand that birth defects can happen for many reasons, and not all birth defects can be prevented. However, there are steps you can take to help you and your baby be as healthy as you can be.

- Get 400 micrograms (mcg) of folic acid every day.
- Try to prevent infections.
- Manage existing health conditions, such as diabetes or high blood pressure.
- See a healthcare professional regularly.
- Get recommended vaccines.
- Avoid alcohol, smoking, and other recreational drugs.
- Talk to a healthcare professional about any medications you take.

If you are pregnant, your partner, family, and friends can support you in a variety of ways. Pregnancy is an exciting time. But it can also be stressful. Knowing you are doing your best during pregnancy, including staying healthy, can give you and your baby a great start.

# Easy Beef Pho Recipe

Enjoy the flavors of traditional *phở* with this simplified version, featuring store-bought beef broth with star anise, ginger, soy sauce and fish sauce.

**Prep Time:** 30 minutes

**Cooking Time:** 30 minutes

## Ingredients

2 star anise pods  
8 cups (1890 milliliters) unsalted beef broth  
2½ cups very thinly sliced yellow onion (about 1 large onion)  
3-inch piece ginger, peeled and thinly sliced  
2 cloves smashed garlic  
1 tablespoon (15 milliliters) less-sodium soy sauce  
1 teaspoon (5 milliliters) fish sauce  
8 ounces thin brown rice noodles  
12 ounces beef eye of round, sliced  $\frac{1}{8}$ -inch thick  
2 cups bean sprouts  
1 small jalapeño, thinly sliced  
4 scallions, sliced into 1-inch pieces  
½ cup basil leaves  
½ cup cilantro leaves  
2 teaspoons Sriracha sauce  
2 teaspoons hoisin sauce  
4 lime wedges



**Directions:** *Before you begin: Wash your hands.*

1. Heat a large stockpot over medium heat. Add star anise and toast for 1 to 2 minutes, stirring occasionally, until fragrant.
2. Pour in beef broth and add onion.
3. Wrap ginger slices in a piece of cheesecloth, tie the ends together to secure and add to broth. Increase heat to medium-high and bring to a boil.
4. Reduce heat, cover and simmer for 30 minutes.
5. Remove ginger sachet and star anise pods and discard.
6. Stir in soy and fish sauces.
7. While broth is simmering, bring a medium pot of water to a boil. Add rice noodles and cook according to package instructions. Drain, rinse thoroughly with cold water and set aside.
8. Add beef to broth and simmer for 2 to 3 minutes until internal temperature reaches 145°F.
9. Divide noodles among 4 bowls and ladle hot broth with beef over noodles.
10. Season each bowl with Sriracha and hoisin sauces and juice from a lime wedge.

Serve bean sprouts, jalapeño slices, scallion, basil and cilantro as garnishes.

## Nutrition Information *Serves 4*

Serving size: 3 cups (850 grams)

430 calories, 4g total fat, 2g saturated fat, 49mg cholesterol, 687mg sodium, 66g carbohydrate, 8g fiber, 6g sugar, 36g protein, N/A potassium, N/A phosphorus

## Forget Low-Fat and Low-Sugar, Concentrate on a Healthy Eating Pattern

If you find yourself questioning what a healthy diet looks like, you're not alone. With so many sources of diet advice, it can be hard to know which foods to eat more often and which to steer away from.

Keep it simple and forget what's trending. Instead, focus on a balanced eating style with vegetables, fruits, whole grains, lean protein and dairy or non-dairy alternatives to provide you with the nutrients and energy you need.



### A Healthy Eating Pattern

Rather than focusing on a fat-free or sugar-free diet, look at your overall eating habits. One meal will not make or break your health. It's what you do most of the time that has a significant impact. Focus on including vegetables, fruits, whole grains, beans, seafood, lean meats and nuts. Meanwhile, limit processed meats, sugar-sweetened beverages, desserts and refined grains.

Vegetables and fruits should take up the most space on your plate — roughly half of your meal. Fill the remainder with whole grains and lean protein foods. While not every meal or snack requires each food group, pairing at least two or three different foods will help increase your satisfaction and deliver more nutrients. And don't forget to pay attention to your body's hunger and fullness signals.

### The Facts on Fat

Monounsaturated and polyunsaturated fatty acids play a role in healthy eating patterns. Sources of these heart-healthy fats include fatty fish, nuts and seeds, avocados and vegetable oils. For overall health, limit sources of saturated and trans fats.

### 3 Tips for Choosing Healthy Fats

- Include sources of omega-3 fatty acids. Omega-3s are found in fatty fish such as salmon, trout or mackerel; walnuts; flaxseed; and canola oil.
- If you eat meat, select lean cuts and remove skin from poultry.
- Choose sources of unsaturated fat when cooking or assembling meals. Cook with olive or vegetable oils or create your own vinaigrette for salads.

### The Facts on Sugar

Foods with naturally occurring sugar, such as fruit and milk, are healthy choices. However, limiting sources of added sugar is recommended. Added sugars can be found in foods such as sugar-sweetened beverages and refined grain snacks and desserts.

### 3 Tips for Reducing Added Sugars

- Choose water instead of sweetened beverages.
- Instead of dessert, close out family mealtime with a cup of unsweetened decaf coffee or herbal tea. Or, satisfy a post-meal sweet tooth with a piece of fruit.
- Swap flavored, sweetened yogurt with plain yogurt. Mix in fresh fruit for a nutritious, naturally sweet addition.

# LEAD RECALL

## TBC Distribution Corporate Recalls Lucky Foods Brand Cinnamon Powder Because of Possible Health Risk

Company Name: TBC Distribution Corporate

Brand Name: Lucky Foods

Product Description: Lucky Foods brand Cinnamon Powder 40g, best before date 15.09.2027, packaged in a vacuum or modified atmosphere 40g pouch with a brown label

### COMPANY ANNOUNCEMENT

TBC Distribution Corporate of Brooklyn, NY is recalling Lucky Foods brand Cinnamon Powder 40g, best before date 15.09.2027 because it has the potential to be contaminated with elevated levels of lead. Short term exposures to very low levels of lead may not elicit any symptoms. It is possible that increased blood lead levels may be the only apparent sign of lead exposure. Additional signs and symptoms of lead exposure are more likely with acute exposure to higher levels of lead or chronic exposure to lead. While lead can affect nearly every bodily system, its effects depend upon the amount and duration of lead exposure and age/ body weight. If a child is exposed to enough lead for a protracted period of time (e.g., weeks to months) permanent damage to the central nervous system may occur. This can result in learning disorders, developmental defects, and other long-term health problems. For adults, chronic lead exposure is associated with kidney dysfunction, hypertension, and neurocognitive effects.

Lucky Foods brand Cinnamon Powder was distributed to retailers such as, grocery stores, convenience stores, super markets, deli's, bakeries, and restaurants located in California, Florida, Georgia, Illinois, Maryland, Michigan, North Carolina, New Jersey, New York, Ohio, Oregon, Pennsylvania, South Carolina, and Texas between 04/11/2025 and 09/01/2025.

The product is packaged in a vacuum or modified atmosphere 40g pouch with a brown label indicating Lucky Foods brand at the top of the pouch.

The Best Before date can be found on the bottom of the back label.

<https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/tbc-distribution-corporate-recalls-lucky-foods-brand-cinnamon-powder-because-possible-health-risk>



# LEAD RECALL

## Town Food Service Equipment Co., Inc. Recalls Aluminum Saucpans Because of Possible Health Risk

Company Name: Town Food Service Equipment Co., Inc.

Brand Name: Town Food Service Equipment Co.

Product Description: 4 sizes of aluminum saucpans with capacities ranging from 1 quart to 3 quarts

### COMPANY ANNOUNCEMENT

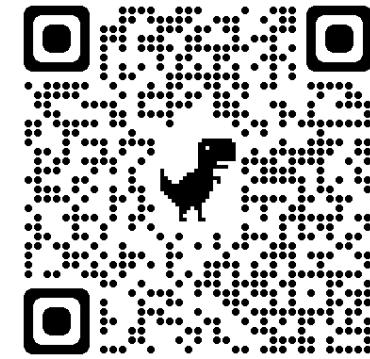
Town Food Service Equipment Co., Inc. of Brooklyn, NY is recalling aluminum saucpans, because it has the potential to be contaminated with lead (Pb) which may leach into food. Lead is toxic to humans and can affect people of any age or health status, and there is no known safe level of exposure to lead. Even low levels of lead exposure can cause serious health problems, particularly in children and fetuses. Consuming food with elevated lead levels can contribute to elevated levels of lead in the blood. Children and babies are more susceptible to lead toxicity due to their smaller body size, metabolism, and rapid growth. At low levels, children may not have obvious symptoms but can still experience trouble learning, low IQ, and behavior changes. At higher levels of lead exposure, people may experience fatigue, headache, stomach pain, vomiting, or neurologic changes.

The saucpans being recalled were distributed in AL, AR, AZ, CA, CO, FL, GA, IL, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, NJ, NM, NV, NY, OH, OK, PA, RI, SC, SD, TN, TX, UT, VT, WA, WV, Puerto Rico and Quebec City, Canada through its network of authorized food service equipment dealers, which include retailers, between January 1, 2023 and November 30, 2025.

The 4 sizes of aluminum saucpans being recalled have capacities ranging from 1 quart to 3 quarts, have indented graduations on the interior, and a plated steel handle riveted to the body. The pans, boxes, or bags the pans are packed in may be marked with one of the following item or SKU numbers.

Item no.	Description	SKU
35400	Town brand 1 Quart Aluminum Saucpan	843784003559
35401	Town brand 1-1/2 Quart Aluminum Saucpan	843784003566
35402	Town brand 2 Quart Aluminum Saucpan	843784003573
35403	Town brand 3 Quart Aluminum Saucpan	843784003580





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



### PRESENTS: SARAH TOOMEY Winsted Cares Coordinator



**Sarah Toomey**

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

Email: [stoomey@greenwoodsreferrals.org](mailto: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



# 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



**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*

# COMMUNITY UPDATES

## Start Here for Community Health – January 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!



h·wellness/neighborhood·  
health or scan the QR code

January 8	9am-2pm
January 9	10am-2pm
January 15	9am -2pm
January 22	9am-1pm

New Opportunities, Inc. 62 Commercial Blvd, Torrington  
Salvation Army of Winsted 396 Main St, Winsted  
Open Door Soup Kitchen 160 Main St, Winsted (in back of church)  
Community Soup Kitchen of Torrington 320 Prospect St

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



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

### 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

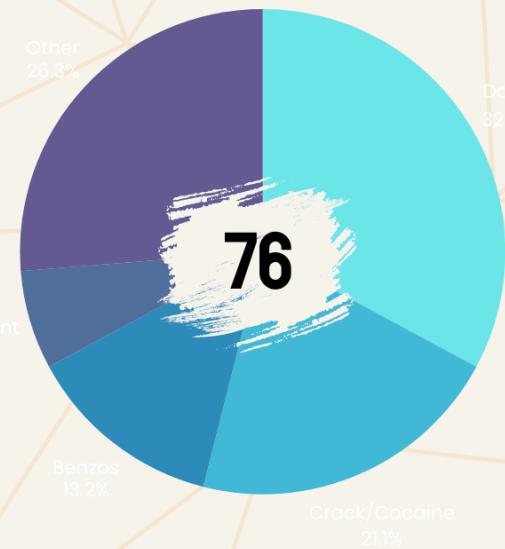
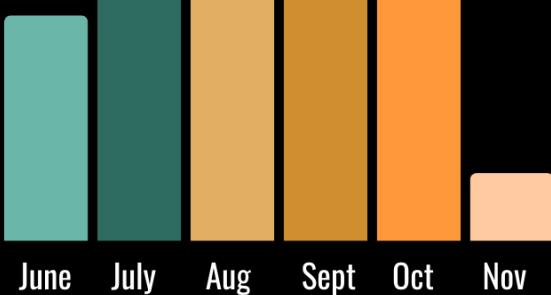


## COMMUNITY UPDATES

June - November 2025

# LITCHFIELD COUNTY DRUG CHECKING DATA

### Sample Collections



#### Samples Bought as Dope

- 40% Tested positive for fentanyl
- 44% Tested positive for Xylazine & Fentanyl
- 16% Tested for neither

#### Samples Bought as Other

- 5% Tested positive for Xylazine
- 15% Tested positive for Fentanyl
- 45% Tested positive for Xylazine & Fentanyl
- 35% tested for neither

## COMMUNITY UPDATES

# Drug Checking Report

## November

3 Samples were tested

BOUGHT AS: COCAINE

- Location bought: Unknown
- Results:
  - Cocaine Freebase - Major

BAKING SODA

- Thought it was a bag of coke - turns out its just Sodium Bicarbonate

BOUGHT AS: ADDERALL

- Location Bought: Unknown
- Results:
  - Cellulose - Major
  - Inconclusive

## SPIKE ALERT



On 12/4/25 Litchfield County experienced a spike in overdoses after 3 occurred in Torrington.

# COMMUNITY UPDATES

## Harm Reduction Data:

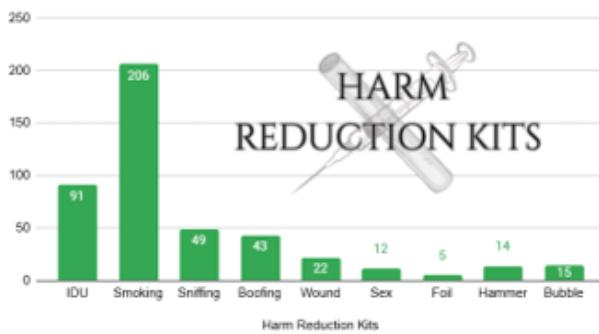
In the month of November, the task force had 133 harm reduction interactions, passed out 41 IDU kits, 119 smoking kits, 19 sniffing kits, 15 boofing kits, and 5 wound care kits. We also passed out 3163 alcohol pads, 614 sterile waters, and 102 test strips (45 fent, 57 Xyl). Our syringe return rate is 70% for November.

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. Based on all our partnerships, our Naloxone Saturation Rate is as follows.

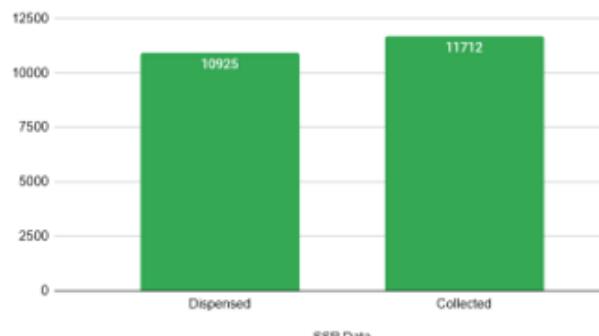
**Naloxone saturation is at 100% of our yearly goal!!**



October Harm Reduction Kits



October SSP Data



November Harm Reduction Kits



November SSP Data

