



WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT MONTHLY NEWSLETTER

November 2024



Stay safe during respiratory virus season: wash your hands for 20 seconds, avoid touching your face, clean frequently touched surfaces at least daily, keep distant from sick individuals, stay home if sick, cover coughs/sneezes, wear a mask and get tested if you're feeling sick.

Make an appointment for flu, the Moderna COVID-19 vaccine and other vaccines at our Bloomfield location for children ages 5 and older, as well as adults. For more info or to schedule an appointment, call the Health District at 860-561-7900.

Salute & Support: Armed Forces Resource Fair - Thursday, November 14th

This event is open to Bloomfield Residents who are actively serving, retired veterans or Gold Star Family members. Pre-registration for this event is required. You can register in person at Parks, Recreation & Leisure Services - 330 Park Ave. or by phone at 860-243-2923. For more info, go to: <https://bloomfieldct.myrec.com/info/activities/>

Free Virtual Diabetes Workshops - Open to all!

Join registered dietitian and certified diabetes education and care specialist, Paula Leibovitz. Choose the workshop that works best for your schedule and **register today by calling or emailing Susan at the WHBHD (860-561-7909, susan.walsh@westhartfordct.gov)**.



Workshop 1: Thursday, Day Session,

January 9, 16, 23, 30 February 6, 13, 20, 2025 - 10 AM-noon

Workshop 2: Thursday, Evening Session,

January 9, 16, 23, 30 February 6, 13, 20, 2025 - 6-8 PM

Workshop 3: Wednesday, Day Session,

April 23, 30 May 7, 14, 21, 28, June 4, 2025 - 10 AM-noon

Workshop 4: Wednesday, Evening Session,

April 23, 30 May 7, 14, 21, 28, June 4, 2025 - 6-8 PM

This program is funded by the Department of Public Health.

FREE Strengthening Program - Bloomfield Senior Center

Join licensed physical therapist, Dr. Christine Ross, for a FREE exercise class to improve your strength and balance! **5 EXERCISES TO HELP YOU GET STRONGER:**

Sit to stand, standing leg curl, standing side hip raise, standing heel raise, and seated knee extension. To register, call the Senior Center at 860-243-8361. Walk-ins are welcome!



Wednesday, November 20, 2024, 11 AM-Noon

Tuesday, December 3, 2024, 11 AM-Noon

330 Park Avenue Bloomfield, CT



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Save the Date: Sugar Rush Program - December 10th - 10:45 - 11:45 AM

Bloomfield Senior Center 330 Park Avenue Bloomfield, CT

The program is designed to raise awareness of the growing problem of excessive sugar consumption. This fun and interactive workshop exposes the amount of sugar hidden in many popular drinks. It also provides better options that can be included in a balanced diet.

FREE: Wellness Screenings - No appointment needed!

Services: Blood pressure, pulse, oxygen level, blood sugar (finger prick), and weight screenings.

Every Tuesday, 11 AM - 12:30 PM - Bloomfield Senior Center, 330 Park Ave, Bloomfield

1st Thursday, 9 - 10:30 AM - Bishops Corner Senior Center, 15 Starkel Rd, West Hartford

3rd Thursday, 9 - 10:30 AM - Elmwood Community Center, 1106 New Britain Ave, West Hartford

Every Friday, 10:30 AM - Noon - Town Hall (4th Floor, Room 417), 50 S Main St, West Hartford

FREE Order Your 4 Free At-Home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests. Your order of COVID tests is completely free – you won't even pay for shipping. Order your free at-home test:

<https://special.usps.com/testkits>.

Need help placing an order for your at-home tests?

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

Schedule a Free CT Red Cross Home Fire Safety Visit - Available for homeowners and renters!



Home fires claim seven lives every day in the US, but having working smoke alarms can cut the risk of death in half. The Red Cross installs free smoke alarms nationwide. To schedule a free visit, go to: [Home Fire Safety Visit](#).

Don't Forget: Change your smoke detector batteries every 6 months. A simple way to remember is to change them when you adjust your clocks for Daylight Saving Time.

Radon



Radon is an odorless and invisible radioactive gas naturally released from rocks, soil, and water. Radon can get trapped inside homes and buildings, and build up in the air. Over time, breathing in high levels of radon can cause lung cancer.

Here are some steps you can take to measure and reduce radon levels:

Obtain a radon test kit (We have them available for West Hartford and Bloomfield residents), test your home or office, send a kit to an approved laboratory to determine radon levels, and/or repair your home if radon levels are high. Learn more at <https://www.cdc.gov/radon>

Resources

Free Dental Clinic. Open to all CT residents!

Saturday, Nov. 9th and Sunday, Nov. 10th. Clinic doors open at 7:00 AM: The CT Mission of Mercy is hosting a free dental clinic at Wilby High School in Waterbury, CT. No appointment needed, first come, first served. Children under 18 must be accompanied by a parent or legal guardian. For more info, go to <https://cfdo.org>.

Healthcare Coverage for Deferred Action for Childhood Arrival (DACA) Recipients



Starting November 1, 2024, DACA recipients will be able to get health insurance coverage through state-based marketplaces. DACA recipients living in CT can apply for health and/or dental insurance plans offered through Access Health CT. For more info: www.accesshealthct.com or by phone at 1-855-805-4325.

November 15th is your last chance to get your refund in 2024. The time to file is now!

If you're a Connecticut resident and have not received your COVID relief money from 2021, there's still time—but it's running out quickly!



That's why the United Way of Connecticut and its trusted partners will help you get the money you're owed. Whether it's COVID relief money or child tax credits, we'll help you get your money. Learn more at www.ctunitedway.org/getyourrefund.

What is Seasonal Affective Disorder (SAD)?



As the days get shorter and there is less daylight, you may start to feel down. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD). Is it just the 'winter blues' or SAD? This infographic can help guide you on when to seek professional help. <https://go.usa.gov/xeqyS>

FEMA Safe Strategies for Fall and Winter

Stay Safe While Cooking: Prioritize safety while cooking: Never leave pots and pans unattended, keep a fire extinguisher nearby, keep flammable items away from the stove, turn pot handles toward the back to avoid spills, have a lid or baking sheet nearby to cover a pan if it catches fire. For more tips, visit the [U.S. Fire Administration's Cooking Fire Safety webpage](#).

Prevent Food Poisoning: To keep food safe for family and friends: Keep produce away from meat and seafood, store food below 40°F and refrigerate within two hours, clean hands with soap before handling food, sanitize surfaces, clean utensils and cutting boards after using them for raw foods. For more info, visit: [Safe Food Handling | FDA](#).

Home Heating Safety: As temperatures drop, ensure your heating system is working properly by having it professionally inspected. If you use wood stoves, fireplaces, or space heaters, keep them away from flammable materials and never leave them unattended. Clean and inspect your heating equipment and chimneys annually before use.

Travel Safety: If you're traveling for Thanksgiving, be well-prepared. Ensure your car is in good condition, pack an emergency kit, and check the weather. If you're alone, share your travel plans and take regular breaks. For public transportation, check that you have everything you need for your destination; that means weather considerations and any required immunizations.



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WHBHD: 580 Cottage Grove Rd, Suite 100, Bloomfield, CT (860) 561-7900