

# TORRINGTON AREA HEALTH DISTRICT

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.



## Torrington Area Health District

350 Main Street, Suite A  
Torrington, CT 06790  
Phone (860) 489-0436  
Fax (860) 496-8243

### 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:



**eat right.** Academy of Nutrition and Dietetics

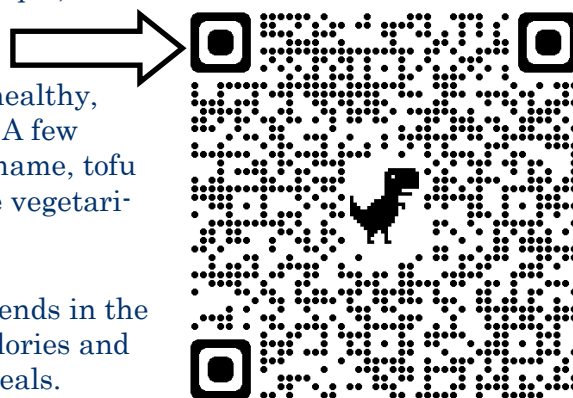
snack. After all, fruit is nature's candy, and it's full of vitamins, minerals and fiber. Apples, bananas, oranges, pears, plums and peaches all keep for about one week in a fruit bowl.

**3. Give a vegetable you don't like another chance!** You may need to try a food several times before it grows on you. Maybe you hate boiled Brussels sprouts, but what about roasted ones? Change your cooking technique, add your favorite herbs and spices, or find a new recipe.

**4. Join in #meatlessmonday.** A plant-based meal can be healthy, delicious and nutritious, and it can even help the planet! A few plant-based proteins we love: quinoa, beans, lentils, edamame, tofu and tempeh. Browse our recipes to find your new favorite vegetarian dish.

**5. Take a cooking class.** Cooking is a skill that pays dividends in the long run. Home-cooked meals are usually lower in fat, calories and sodium, not to mention less expensive than restaurant meals.

**6. Build a healthy-eating plate for dinner.** A healthy-eating plate is well-balanced, and here is how you build it: Fill half of your plate with vegetables. Fill one-quarter of your plate with lean protein and the remaining quarter with a whole grain. Not only does this give you a healthy balance, seeing all of your meal in one place on one plate helps you think about portions.



**7. Spend your lunch break with co-workers.** Socializing while you eat can help you de-stress, enjoy your food and form stronger relationships with your colleagues.

**8. Read a life-changing nutrition book.** Here are a few of our favorites: The Omnivore's Dilemma, Diet for a Small Planet, The Mind-Gut Connection and The China Study.

**9. Start an indoor herb garden.** Cilantro, chives, parsley, mint and basil are fantastic herbs to grow indoors. Your herbs will make food taste better *and* bring a little life to your kitchen decor.

**10. Take a break from eating out for a week and donate the money to charity.** How much money do you spend each week eating out? Take a week to keep track. Then, the next week, cook and pack lunches and donate your savings to a charity you love. You get a chance to be generous, and to pause and think about your restaurant budget.

**11. Make family dinners a priority.** Eat with your spouse and kids, and without the electronics. Give everyone a turn to tell about their best and worst moments of the day. Bonus points if you cook or clean up together!

**12. Visit a farm or farmers market.** Support local produce, pick up healthy, fresh ingredients and meet the people who grow your food.

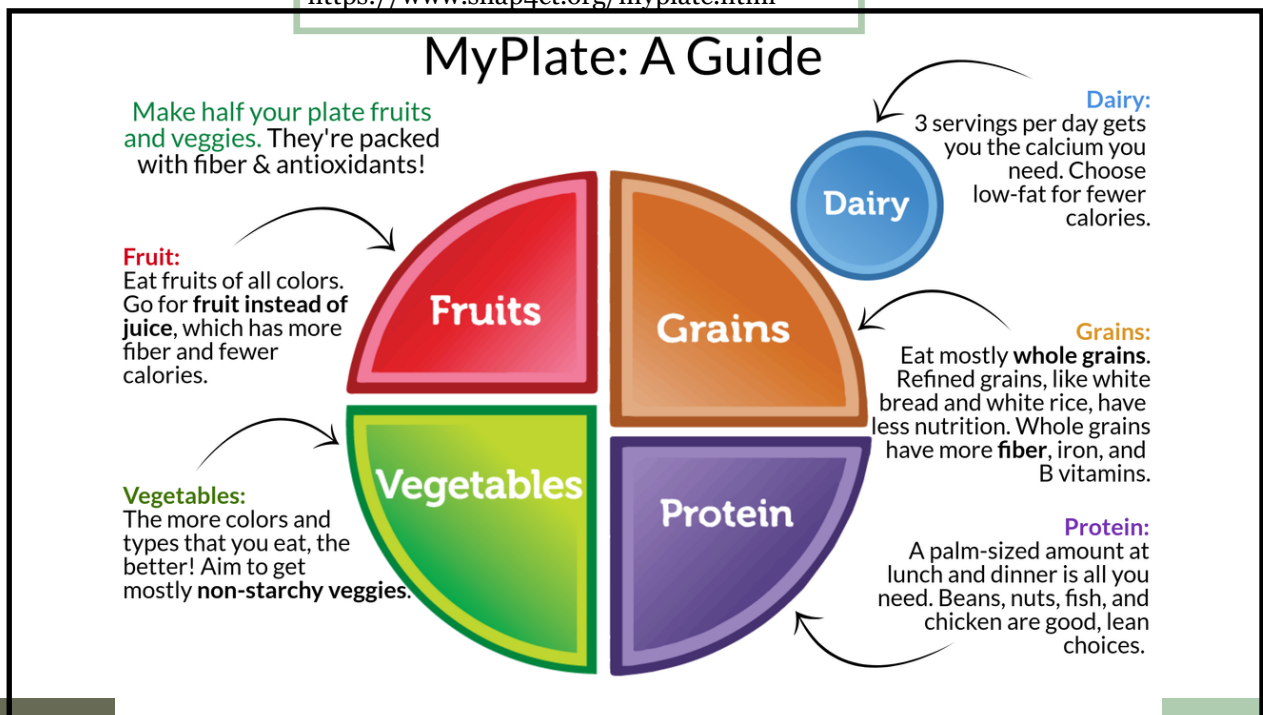
**13. Make a whole-grain switch.** Try whole-grain bread instead of white, or whole-grain pasta, or brown rice instead of white rice. Whole-grain foods keep you feeling full longer and they're packed with nutrients.

**14. Fall in love with your refillable water bottle.** Drinking plenty of water during the day can help prevent headaches and keep your mood up and your concentration sharp, and it can even keep you regular.

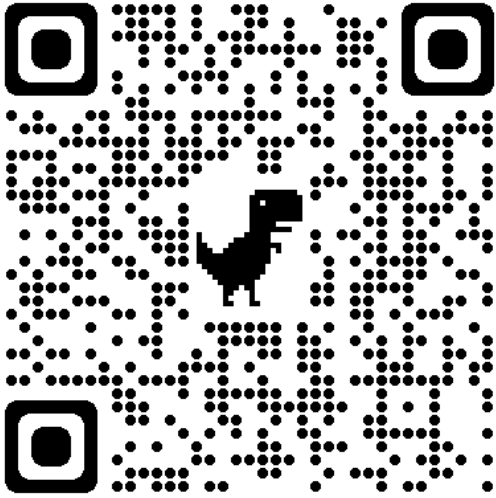
**15. Pack a healthy snack.** Skip the vending machine and bring something tasty and homemade to snack on at work. Try out easy recipes for satisfying snacks like granola and roasted chickpeas.

**16. Enjoy a sweet treat.** Take a moment to indulge, savor and set your worries aside.

<https://www.snap4ct.org/myplate.html>



## WORLD TB DAY



Each year, we recognize World TB Day on March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of *Mycobacterium tuberculosis*, the bacillus that causes tuberculosis (TB).

World TB Day is a day to educate the public about the impact of TB around the world. CDC, along with our partners and colleagues around the world share successes in TB prevention and control and raise awareness of the challenges that hinder our progress toward the elimination of this devastating disease.

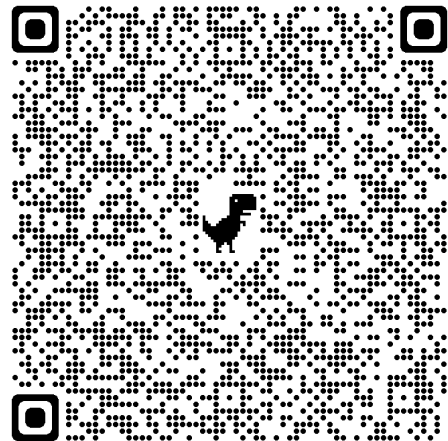
Stay up to date with the Think. Test. Treat TB campaign

## RECALL ALERT



THE 2023 ACIP RECOMMENDED IMMUNIZATION SCHEDULES WERE RELEASED IN EARLY FEBRUARY. IN COLLABORATION WITH OUR HEALTHCARE PARTNERS, CDC HAS UPDATED VERSIONS OF THE RECOMMENDED U.S. IMMUNIZATION SCHEDULES FOR CHILDREN, TEENS, AND ADULTS.

FDA is warning consumers and health care practitioners to immediately stop using EzriCare Artificial Tears or Delsam Pharma's Artificial Tears due to potential bacterial contamination.



## TAHD CURRENT PROGRAMS

For the last 18 months, Torrington Area Health District has provided the National Diabetes Prevention Program (NDP Program) called Prevent T2 to the community free of charge. NDP Program is a cost-effective and evidence-based intervention that has been proven to delay and prevent type 2 diabetes among high-risk individuals by helping them lose weight through lifestyle change. Because of this evidence, the National DPP is recognized and promoted by the Centers for Disease Control and Prevention (CDC).

Prevent T2 is a year-long program designed for people with prediabetes or at high risk for type 2 diabetes. The main goal of this program is to lose at least 5 to 7 percent of the participants' starting weight and get at least 150 minutes of physical activity each week. Losing weight and increasing physical activity, in addition to preventing or delaying type 2 diabetes, may also improve sleep problems, ease arthritis and depression, and lower blood pressure and cholesterol levels. Furthermore, it may improve balance and flexibility, lower heart attack and stroke risk, strengthen muscles and bones, and reduce stress.

The Prevent T2 program consists of 26 modules; every module is presented to participants during a 1-hour session. Participants meet with the program facilitator for a weekly session for the first four months. During the following three months, sessions are conducted bi-weekly, which changes to a once-a-month schedule for the final four months. To date, the first program was successfully completed at the Winsted Senior Center between October 2021 and the end of August 2022. Currently, TAHD is offering this program at the Litchfield Community Center.





# DID YOU KNOW?

## What are Geothermal systems?

Geothermal heat pumps use the ground's relatively constant temperature to provide both heating and air conditioning. Geothermal systems can also be designed to supply a home with hot water. There are four basic types of systems, three of which (horizontal, vertical, and pond) have closed circulation loops. The fourth type of system is the open-loop option, which uses well or surface water as the heat exchange fluid that circulates through the system. Once the water has circulated through the system, it returns to the ground through a well or surface discharge.



## Pros of Geothermal systems:

The principal arguments for geothermal systems are that they provide several environmental benefits and have lower operating costs than conventional heating and cooling systems. The environmental benefits include lower air emissions and higher energy efficiency. The systems use 25% to 50% less electricity than conventional electric heating or cooling systems. They are easier to maintain than conventional systems and the system life is approximately 25 years for the inside components and 40 or more years for the ground loop. The systems improve humidity control by maintaining about 50% relative indoor humidity. They are also quieter than air conditioners.

## Cons of Geothermal systems:

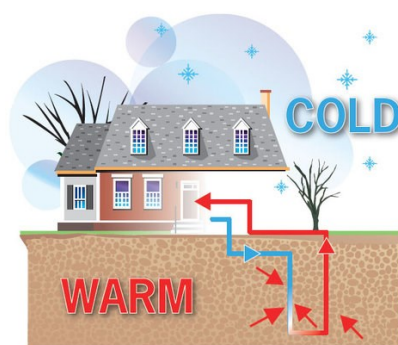
The primary argument against geothermal systems is their cost. In Connecticut, a typical closed loop system in an existing home costs between \$10,000 and \$25,000 per ton of air conditioning capacity. A ton of capacity is needed to air condition 600 to 800 square feet. So, a system for a 1,800 square foot home could cost \$30,000 or more. In the case of closed loop systems in existing homes, it takes a system approximately 16 to 20 years to pay for itself with its lower operating costs. The marginal cost of systems in new construction is substantially less since the new home would require ductwork (a major component of the cost) whether the home was equipped with a geothermal or conventional system. As a result, payback periods are often under ten years. An electric company subsidy of up to \$3,000 can improve the economics of geothermal systems to a limited degree.

## What if I want one of these for my home (or business)?

The feasibility and economics of these systems depends on the climate, soil conditions, available land, and local installation costs. All of these approaches can be used for residential and commercial building applications. According to Connecticut Light & Power staff, the vast majority of the geothermal systems installed in the state have been vertical closed loop systems, because they require less surface area than other types of system.

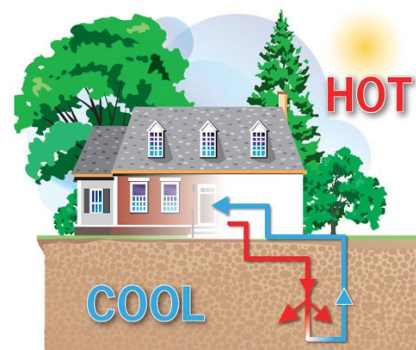
## Helpful links:

- <https://www.cga.ct.gov/2008/rpt/2008-R-0543.htm>
- [https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental\\_health/pdf/31GeothermalWells.pdf](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/pdf/31GeothermalWells.pdf)



### Heating

In the winter, water circulating inside a sealed loop system absorbs heat from the earth and carries it to the heat exchanger. Here, the water is compressed to a higher temperature and is sent as warm air to your indoor system for distribution throughout your home.



### Cooling

In the summer, the system reverses and expels heat from your home to the cooler earth via the same closed loop system. This heat exchange system is not only a natural process but is a highly efficient way to create a comfortable climate in your home.



## IMPORTANT TAHD UPDATE



### **Dramatic changes have been announced by the Connecticut Department of Public Health Food Protection Program regarding changes to the public health code!**

On February 16, 2023, the State of Connecticut adopted the United States Food and Drug Administration (FDA) Food Code. Some portions of the code are already in force, including hot and cold holding temperature of foods, but there are other significant changes as well.

As part of the adoption of the FDA code, the classification of food service establishments has been modified. The Classification of each food service establishment (FSE) is based on the foods they prepare. One change in the classification is all class 2, 3 and 4 FSE's will be required to have a Certified Food Protection Manager (CFPM) whereas in the former code, class 1 and 2 were exempt from that requirement. The CFPM will be required to obtain certification through a course and testing procedure, information is also available on our website for how to become a CFPM. The old Qualified Food Operator (QFO) certificates will be expired, and new proof of certification will be required as part of a food license renewal on July 1, 2023. Furthermore, all class 2 FSE's will now be required to have a grease management device or grease trap based on their menu items.

The frequency and intensity of the inspection process is expected to change as well. The type of inspection will be shifting from the typical physical inspection of the premises to a more interactive discussion with food preparation personnel and food handling practices. Restauranters can expect to spend more time with their inspector as they interview staff as part of the mandated inspection process. The inspection form has undergone an extensive revision including the elimination of a scoring system. Demerits will be noted on the inspection form in a similar fashion to the old form, but compliance will be required within a very rigid time frame. The inspectors will do their best to guide the person in charge of the facility through the inspection form. We expect some bumps in the road as the new system is rolled out, but we anticipate both the inspectors and the operators will eventually embrace the new code.

## ENVIRONMENTAL SPOTLIGHT



Aviara Salon & SPA was inspected on February 2, 2023. No critical violations were observed, and the establishment had exemplary conditions in areas of: Customer protection, employee hygiene, plumbing/sewage disposal, equipment/storage, lighting/ventilation and housekeeping. Owned and operated by Asije Mamudi a proud community member who has been celebrating 10 years of service in Middlebury, Connecticut.

Schedule your next appointment

Hours: Tue – Thu 10 am – 8 pm | Fri 10 am – 6 pm | Sat 9 am – 4 pm | Sun/Mon Closed

1655 Straits Turnpike | Middlebury, CT 06762 | 203.598.7800



# COMMUNITY UPDATES

## RESOURCE FAIR

Open to the public

### VISIT US

Monday March 6, 2023  
9a-1p

### WHERE

115 Spencer St, Winsted  
Old Winsted ER



Hartford Healthcare Care Van  
Mental Health  
Addiction  
Medical  
Education  
Career Support  
And more

Community organizations will be on site to provide resources, services and support

### DO YOU HAVE A CALLING TO HELP OTHERS?



**Did you know?**  
CT residents are more likely to die from a drug overdose than a motor vehicle accident

Source: (CDC, 2020)

### APPLY FOR A RECOVERY COACH ACADEMY SCHOLARSHIP

Training provided by the Connecticut Community for Addiction Recovery (CCAR)

### WHAT IS THE RECOVERY COACH ACADEMY?

5-day intensive training academy focusing on providing individuals with the skills needed to guide, mentor, and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs.



The CCAR Recovery Coach Academy® prepares participants by helping them to actively listen, ask good questions, and discover and manage their own stuff.

### WHAT IS A RECOVERY COACH?

A Recovery Coach promotes recovery and removes barriers and obstacles to recovery, serving as a personal guide and mentor for people seeking or already in recovery from an addiction to alcohol and/or other drugs.



More info on [addiction resources in Litchfield, County CT](http://addictionresourcesinlitchfield.ct.gov)  
[www.lcof.org](http://www.lcof.org)  
More info on [addiction resources in Connecticut](http://addictionresourcesinconnecticut.com)  
[www.ctaddictionservices.com](http://www.ctaddictionservices.com)

### HOW TO APPLY

If you are 18+ years old and live/work in Litchfield County, CT, click [here](#) for the application and enrollment process



Training Website URL:  
<https://addictionrecoverytraining.org/lcof/>

Have you reversed an overdose? Help us continue to receive the funding and supplies we receive from DMHAS. We have given out over 2500 Narcan kits in Litchfield County over the past 3 years. If you used Narcan to help reverse an overdose, please confidentially report it back to us. Call or text us at (860)485-7725 and let us know you reversed an overdose, what town it occurred and how many doses were administered. Thank you for being a partner in overdose response.



### FREE SUICIDE PREVENTION TRAINING

Wednesday, March 29th, 2023  
5:00PM-6:00PM

Location: Torrington Area Health District  
350 Main Street Torrington, CT 06790

What you will learn:

- How to recognize the warning signs of suicidal behavior
  - How to question, persuade, and refer someone in a crisis
- Participants will receive a certification as a QPR Gatekeeper upon completion of the training

To register, please visit:  
<https://qprpreventiontraining.eventbrite.com>

Questions?  
Email Megan at [mmclintock@tahd.org](mailto:mmclintock@tahd.org)





# COMMUNITY UPDATES



Torrington Area Health District and Medical Reserve Corps Present:

## HANDS ONLY CPR TRAINING

Learn the skills to save a life- for FREE!

Sessions run every 30 minutes-come and join anytime!

Wednesday, April 5th  
from 4:00PM-7:00PM

Torrington Area Health District  
350 Main Street Torrington, CT  
06790

### Training includes:

- The steps on how to call for help
- How to give high-quality CPR
- How to properly use an AED

PRE-REGISTER AT:  
[HTTPS://TAHDHANDSONLYCPR.EVENTBRITE.COM](https://TAHDHANDSONLYCPR.EVENTBRITE.COM)  
WALK INS WELCOME

## Torrington Area MRC March Events

**Introduction to CT Responds**  
Wednesday, March 8th, 2023 at 5:00PM  
Registration Link: <http://bit.ly/3k6p6jR>

**QPR Suicide Prevention Training**  
Wednesday, March 29th, 2023 at 5:00PM  
Registration Link:  
<https://qprpreventiontraining.eventbrite.com>

**Independent Learning:**  
IS 700: An Introduction to the National Incident Management System  
Link: <http://bit.ly/3KeLlie>

Questions? Email Megan at [mmcclintock@tahd.org](mailto:mmcclintock@tahd.org)




## Family Recovery Coaching

with the CLEAR initiative.

Recovery for the entire family.

- ✓ Family Recovery Plans
- ✓ Addiction Education
- ✓ Individual Support & Guidance
- ✓ Practicing Skills (self-care, boundaries, communication)

Contact Julia Merchant, LMSW,  
with any questions or referrals.

📞 959.229.4814    ✉ [julia.merchant@mccallbhn.org](mailto:julia.merchant@mccallbhn.org)

LCOTF is  
always  
looking for  
more  
members.