

December 2025

HEALTHY CONNECTIONS



2080 Silas Deane Highway
Suite 100
Rocky Hill, CT 06067
860-785-8380
www.ccthd.org

Welcome to the Central Connecticut Health District's Healthy Connections newsletter, aimed at helping you make healthy lifestyle choices and providing the latest community health information.

Flu Clinics with Sensory-Friendly Accommodations



CCHD Clinical Health Services
506 Cromwell Ave, Suite 202, Rocky Hill

December

- 2nd 10am-2pm
- 9th 10am-2pm
- 16th 10am-2pm
- 17th 2pm-7pm
- 23rd 10am-2pm
- 30th 2pm-7pm

Sensory-Friendly Features Available:

- Low lighting and reduced noise
- Private spaces
- Extra time
- Supportive staff trained in sensory awareness
- Drive-through vaccination upon request

Whether you prefer a calm, quiet space or a more typical clinic setting, we've got you covered.



pediatric, adult and senior
high-dose available.

To make an appointment:

ccthd.org/flu
scan the code to
the left, or call
860-785-8380
& press 216

Holiday Baking Safety Tips

Get your kitchen ready for the season with some smart, safe baking habits:

- Wash your hands and scrub surfaces and utensils before you start
- Keep raw ingredients (like eggs) separate from finished baked goods to avoid cross-contamination
- Make sure baked goods cool properly before storing them so you avoid moisture buildup and spoilage
- Label containers with dates and refrigerate or freeze treats if you won't eat them right away
- Use a thermometer for items that require doneness to ensure they're properly cooked
- Clean up spills, grease or crumbs promptly to reduce smoke and fire risk



For more information, go to:
<https://tinyurl.com/228sus6v>



Winter Storm Readiness: Stay Warm, Stay Safe



In Connecticut, winter storm readiness means:

- Keep an emergency kit with a flashlight, batteries, first aid supplies, non-perishable food, and at least 3 days of water
- Before the storm, fill your bathtub for extra water storage
- Have warm layers ready: hats, gloves, blankets, and coats
- Use weather stripping on doors/windows and keep sand or kitty litter for slippery walkways.
- Keep a battery-powered radio in case of outages
- For your car: maintain at least a half tank of gas, carry jumper cables, a shovel, and an emergency blanket

Need a warm place to stay?
Call 2-1-1 or visit 211ct.org to find local warming centers.

Visit the Central Connecticut Health District Office, 2080 Silas Deane Hwy, Suite 100, 7 am-7 pm, to pick up a free Emergency Preparedness booklet on our educational table outside the office.

Caregiver's Support

Are you a caregiver for a loved one living with Alzheimer's or dementia? Every day, families in our community provide care with patience, love, and resilience. This month, we celebrate caregivers who show compassion and strength. Your efforts make a difference not only in the life of your loved one but in the health and resilience of our entire community.

Caregiver Tips

- Take breaks when you can, even if they are short moments
- Simplify routines, reducing stress for both you and your loved one
- Communicate using calm tones, short sentences and visual cues
- Seek support early: don't wait until you feel overwhelmed

Local Resources

- Alzheimer's Association Connecticut Chapter: Offers support groups, education programs, and a 24/7 Helpline (800-272-3900)
- 2-1-1 Connecticut: Connects you to respite care, adult day centers, and community services
- Central Connecticut Health District: Call 860-785-8380, press 216 for information on caregiver resources and our upcoming workshop in April 2026

