

October 2026

HEALTHY CONNECTIONS



Central
Connecticut
Health
District

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.

The Power of Hope: October Edition Exploring How Hope Shapes Health Decisions, Community Connection, and Public Health Services

The CCHD is focusing on the theme of hope this October, a quiet but powerful force in public health. Hope influences how people make health decisions, seek support, stay connected, and move through challenging times. When individuals feel hopeful, they are more likely to engage in preventive care, reach out for help, and take steps that strengthen their wellbeing. This month, Healthy Connections highlights how hope appears in everyday life and how small, meaningful acts can strengthen it.

A 2025 study of more than 25,000 people, published in Health Economics, found that hope helps people take action toward their goals, and those actions can shape their future health and wellbeing.

Thrutopia: Imagining a Path Through

Thrutopia encourages us not to imagine a perfect future, but a hopeful path through challenging times. It invites steady movement forward with care, creativity, and connection. Hope is not a finish line; it is a practice. Small acts, such as checking in on a neighbor, attending a health workshop, or choosing one healthier habit, can make life gentler for both individuals and communities.

This October may arrive with a quiet weight, a new diagnosis, the recognition that time keeps moving, or simply the sense that the world feels a little louder. In moments like these, hope can feel distant. Yet this is when hope matters most. Thrutopia reminds us that even when life feels unsettled, we can still move forward one steady step at a time.

Small Acts of Hope in Our Community

Hope often appears quietly. Recently, while supporting community members seeking vaccines, several moments stood out:

- A person preparing for preventive vaccines ahead of cancer treatment, a quiet act of hope.
- A nonagenarian sharing a silly joke, offering a reminder that joy has no age.
- A grandson receiving his flu vaccine with his grandmother, a small circle of family hope.

These moments show how hope grows through connection, kindness, and the steady care people offer themselves and one another.

Hope in Action: CCHD Services

Across our four towns and surrounding communities, the CCHD offers ways for people to find support, feel prepared, and experience hope through public health:

- Immunization clinics and chronic-disease prevention programs.
- Environmental health protections, including restaurant and salon inspections.
- Community education through social media, our website, and this newsletter.
- Emergency preparedness that strengthens our response before challenges arise.
- Substance Use Disorder support for individuals and families.
- Support for bike/pedestrian safety and infrastructure.

Each service can be a doorway to hope. Each interaction reminds us that public health is not only about preventing illness; it is about building a community where people feel supported and can imagine a future worth moving toward.

An Invitation

- Visit ccthd.org to learn more about CCHD's programs and services.
- Share this newsletter with someone who may appreciate a Healthy Connection.
- Call 860-785-8380 ext. 216 to join those who receive Healthy Connections mid-month.

