

January 2025

HEALTHY CONNECTIONS



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

Welcome to Central Connecticut Health District's Healthy Connections monthly newsletter. Our goal is to offer information to assist in individual healthy lifestyle choices and provide current information in community health.

Have you been thinking what your preventive health measures & practices might look like?

Preventative self-care is a type of care in which one consciously tends to one's own well-being to reduce pain, distress and/or disease before it fully develops.

Proactive self-care looks different for everyone. To find out what yours might be, ask yourself what you are looking to achieve.

Preventive health measures & practices may include:

- Health Check-Ups
- Balanced Diet
- Exercise
- Sleep
- Vaccinations
- Stress Management
- Mental Health
- Mental Well-Being
- Social Connections
- Oral Health

To read more on preventive health measures & practices visit: <https://medlineplus.gov/ency/article/001921.htm>

Do you share our newsletter?

If so, please consider taking a very brief 4 question survey. Can you believe we are closing in on two years of our "Healthy Connections" newsletter?

We are looking to see how many people we are reaching within our community. Your help would be greatly appreciated.

<https://www.surveymonkey.com/r/FWSYFF9>

or scan here:



No cost N-95 masks available at our main office:
2080 Silas Deane Hwy in Rocky Hill
weekdays between 8:30am-4:30pm



At-Home Radon Testing Kits have arrived!

As mentioned in last month's edition, the health district has received their limited number of at-home radon testing kits.

The kits are available at no cost for residents of Berlin, Newington, Rocky Hill, and Wethersfield. For kits picked up in January, during National Radon Awareness Month, the recipient will be entered into a raffle to win a \$50 gift card.

Beginning January 2, 2025, residents can obtain their kit by coming to our main office:

2080 Silas Deane Hwy Suite 100, Rocky Hill
Weekdays between 8:30am-4:30pm
or call 860-785-8380

To learn more about radon visit:
<https://www.epa.gov/radon>

Do you know of someone in need of health or dental insurance?

Most CT residents qualify for some type of financial help or low to no-cost coverage, including HUSKY Health coverage. Plus, free enrollment help in many different languages.

To directly speak to someone call:

Alyssa Magnano: (860) 967-3834
Kelsey O'Connor: (860) 967-3852
Christopher Mathews: (860) 967-3836

If you are deaf or hearing impaired, you may use the TTY @1-855-789-2428 or contact 1-855-805-4325 to speak with a relay operator

You may also visit: <https://www.accesshealthct.com/>

or scan here:



Upcoming Events



Scan here to view both the current and past issues of **Healthy Connections** on our website, ccthd.org

Open Clinic Hours: Tuesdays in January between 9am-2pm at 506 Cromwell Ave, Suite 202, Rocky Hill

Offering blood pressure checks and Hepatitis C antibody screenings. Also, information on substance use disorders: including resources, treatment, support, Naloxone kits & training on its use. Appointments not necessary.

