

August 2025

HEALTHY CONNECTIONS



Central
Connecticut
Health
District

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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.

Honoring the Caregiving Journey

Although, the topic of caregiving may not be considered a public health topic that we would normally speak to; we felt it important to highlight a topic we have encountered regularly over the past several months with our colleagues, community partners, and residents, so we felt it appropriate to shine a light on a path shared by so many—caring for an elderly loved one. Whether you are just stepping into this role or have been walking it for years, your dedication speaks volumes.

Each meal prepared, medication managed, and moment of presence reveals quiet strength and unwavering love.

As families navigate the evolving dynamics of aging, compassion and patience serve as steady anchors.

By celebrating our elders' stories and safeguarding their dignity, caregivers not only uplift those in their care—they illuminate the grace and resilience within themselves.

Helpful Resources for Caregivers

- Caregiving Toolkit – National Institute on Aging

A comprehensive guide featuring articles, videos, infographics, and downloadable tools to support caregivers in daily responsibilities, long-distance care, and dementia-related challenges.

- National Family Caregiver Support Program – MyPlaceCT

Offers respite care, caregiver training, and supplemental services for Connecticut families. Eligibility is determined through an in-home assessment, and services may include home safety modifications and medical equipment.

- North Central Area Agency on Aging

Serves the Hartford region with access to cost-effective services, support groups, and local programs. Their team provides personalized guidance, Medicare counseling, and caregiver respite coordination.



Get Outside!

DID YOU KNOW?

Connecticut has 110 state parks and 32 state forests? Check them out here:

<https://portal.ct.gov/deep/state-parks/listing-of-state-parks>

And here's a list of parks and forests with accessible bathrooms, boat launches, camping, fishing platforms and trails! _

<https://portal.ct.gov/deep/state-parks/access-for-persons-with-disabilities>

Take a break from the screens and enjoy all that your state has to offer!

Protect yourself from mosquitoes and ticks!
ccthd.org/vectorbornedisease

Off to College

Sending your child off to college next month? There is a lot planning involved, and a lot of shopping and packing to get done.

As you prepare for college, don't forget to schedule a visit to your doctor for a physical and to ensure all vaccinations are up to date, in accordance with your college or university's health requirements.

Click the link below to view state- specific vaccine requirements for colleges and universities:

<https://www.immunize.org/official-guidance/state-policies/requirements/>



Free N-95 Masks
Available outside the office:
2080 Silas Deane Hwy, Suite 100,
Rocky Hill, CT
Weekdays 7am-7pm.

