

November 2025

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.

Flu Clinics with Sensory-Friendly Accommodations

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

November

- 11th 10am-12pm
- 18th 10am-2pm
- 25th 10am-2pm

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

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



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**

"Teamwork in Tackling Foodborne Norovirus Outbreaks"

Our staff members are not only phenomenal at their jobs, they're also published authors. Take a look at the latest from the October 2025 issue of Connecticut Epidemiologist: [Click here](https://tinyurl.com/bdd87pht) or go to: <https://tinyurl.com/bdd87pht>

Caring For Minds – Join Us in Understanding Alzheimer's and Dementia

CCHD is partnering with the Alzheimer's Society to host a community event in early 2026.

Leading up to the event, Healthy Connections will share insights to help us reflect on memory, aging, and how these topics affect us all.

2025 Alzheimer's Disease Facts & Figures

- Over 7 million Americans are living with Alzheimer's
- It kills more than breast and prostate cancer combined

Sign up for bi-weekly updates from the Alzheimer's Society, [click here](https://tinyurl.com/me228fnu) or go to: <https://tinyurl.com/me228fnu>

🔍 Explore resources at alz.org/crf
Let's learn together—one step at a time.

Holiday Blues

The holiday season can bring joy — but also stress, sadness, or loneliness. These feelings are called the holiday blues and are common this time of year.

Common causes include:

- Stress to make the holidays "perfect"
- Missing loved ones or feeling lonely
- Financial strain or overspending
- Busy schedules and fatigue
- Shorter, darker days

Ways to Feel Better:

- Take care of yourself – rest, eat well, and stay active
- Reach out – connect with friends, family, or community groups
- Budget wisely – plan ahead and avoid financial stress
- Honor your feelings – it's okay to feel sad or miss someone
- Seek support if sadness lasts or worsens

For more information, please go to the National Alliance on Mental Illness (NAMI) at nami.org

