November 2026

HEALTHY CONNECTIONS

Central Connecticut Health District
2080 Silas Deane Highway
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Rocky Hill, CT 06067
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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.

Caring for Ourselves and Each Other as the Seasons Change

As autumn settles in, we may begin to feel the quiet shift that comes with shorter days. The light changes, our routines adjust, and many of us notice subtle differences in mood or energy. For some, this time of year brings symptoms of Seasonal Affective Disorder, a gentle reminder that our emotional wellbeing is closely tied to the natural world around us.

If you or someone in your family feels a little more tired, a little less motivated, or simply "not quite themselves," please know this is common.

Small supports can help:

- Getting out earlier in the day.
- Keeping a steady routine,
- Staying connected to others,
- Reach out if you need extra encouragement.

Fall invites us to slow down and check in with ourselves.

This season also brings traditions many families look forward to, including hunting. With more neighbors spending time in the woods, it's a good moment to think about community safety. A few ways we can look out for one another include:

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- Wearing bright colors during hikes,
- Practicing safe gun storage at home and
- Being mindful of shared outdoor spaces

These habits aren't just about rules; they're about care. They help ensure that everyone, hunters, hikers, families, and pets, can enjoy the beauty of fall safely.

Autumn reminds us that we belong to one another. A little extra awareness, kindness, and connection can make a big difference in keeping our community healthy and safe.

https://gunpros.com/gun-safety-rules/

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Autumn and Winter Wellness

As the days grow shorter, autumn reminds us to tend to what keeps us well: fresh air, gentle movement, cozy homes, nourishing food, and small acts of kindness shared with the people around us. These simple habits help our whole community move through the season with steadiness.

In addition to these everyday practices, our upcoming November and December clinic dates offer a well to stay connected to care throughout the colder months.

Upcoming Clinic Dates

CCHD Clinical Health Services Location
506 Cromwell Ave, Suite 202, Rocky Hill CT 06067

November
10th — 9am–3pm
17th — 9am–3pm

December
1st — 9am–3pm
2nd — 3pm–7pm
15th — 9am–3pm
16th — 3pm–7pm
29th — 9am–3pm
30th — 3pm–7pm

Appointments available now.
ccthd.org/flu

For assistance with the online registration system, please call 860-785-8380 ext. 216

Open to ages 3 and older
No residency requirements
All flu vaccines trivalent, injectable & preservative free

Moderna COVID vaccine available
High-dose flu vaccines available
Sensory - friendly accommodations available

October 24th is National Prescription Drug Take Back Day, is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs at locations in communities throughout the country.
find locations in near you at:
www.campusdrugprevention.gov/node/14246

or call 860-785-8380 ext. 216 for support in finding a location