

Wallingford Health Department



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2019 Annual Report

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The Health Department has the responsibility of overall protection of the public health of all residents. The CT General Statutes, Title 19, Chapter 368a Section 19a-2a provide the scope and authority for the enforcement of both public health statutes and the regulations of the CT Public Health Code (CT PHC). Departmental data is reported quarterly to the Board of Health and minutes for public access is posted on the Town website, as required. Required services are detailed in CGS§ 19a-207 and reflect the “10 Essential Public Health Services”, with strong emphasis on community education and active engagement in policy development.

Our department has skilled professional staff who collectively strive to provide all of the 10 Essential Public Health Services to Wallingford residents. The public health staff provide required components including educational outreach, monitoring of communicable disease, statistical reporting, and community health improvement. Our “Healthy Wallingford” community initiative is based on the State Health Improvement Plan. The Wallingford Health Improvement Plan (WHIP) includes an entitled “Eat-Play-Unplug” focus area which highlights our Choose Kindness campaign. This is a town-wide outreach campaign addressing life-stresses and focusing on reestablishing a sense of kindness and community spirit. This year at Celebrate Wallingford, the Health Department sponsored a pumpkin painting project while simultaneously providing educational material on various public health topics. An Eat-Play-Unplug 3-week informational course is being offered in the Spring 2020 Parks and Recreation booklet addressing each area healthy eating, physical activity and stress reduction methods. The CT DPH emphasizes a collaborative approach to achieve a healthy community and the established Wallingford Health Improvement Plan, administered by the Wallingford Community Health Alliance is a prime example of this effort.

The Wallingford Health Department has a foundation of core environmental health components which impact all residents in one or more aspects (Food Safety and Food Establishment Inspections, Subsurface Sewage Inspections, Private Drinking Water Wells, Public Health Nuisance Complaints, Childhood Lead Poisoning Prevention, sanitary aspects of Nail Salons, Beauty/Barber Salons and Tattoo Establishments; Public Swimming Pool Inspections and Daycare Center Inspections). The nature of nuisance complaint code violations and the process to achieve compliance continues to grow more complex. The Director of Health has ministerial responsibility to investigate and enforce all such violations. We routinely work with the State’s Attorney Office, Housing Prosecutor, and are actively engaged in dialogue focused on an integrated response to issues that overlap the spectrum of public health and into areas of social services, rental housing, fire marshal, emergency services and population health with the intent to prevent the escalation of violations and reduce the need for criminal prosecution. Code enforcement is a valuable component for maintaining a healthy community and provides a mechanism to distribute educational resources to our residents.

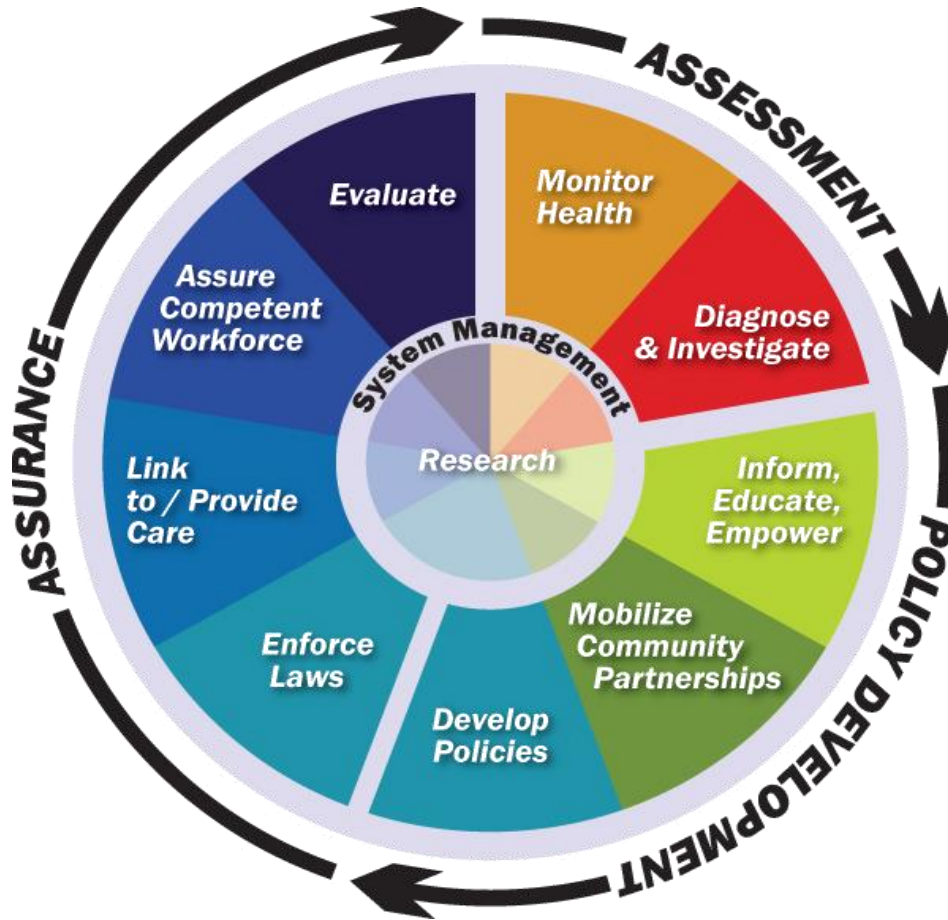
The Health Department has additional responsibilities in Public Health Emergency Preparedness (PHEP) that include community sheltering during storm-related events; citizen volunteer management, and working with our traditional first responders and Emergency Management/Civil Preparedness. Wallingford Health Department is responsible for mass distribution of medical countermeasures (MCM) in a public health event. The goal of the mass distribution of medical countermeasures is a rapid delivery of antibiotics/antiviral in response to a specific biological threat. In pursuit of those objectives, the Health Department with the aid and extensive planning with other town partners, conducted a pandemic influenza tabletop exercise June 19, 2019. This exercise further strengthened the planning team response and coordination to a real world event. Stephen Civitelli was designated by the Town Emergency Manager to serve a Deputy Emergency Manager for the municipality. This further solidifies the public health response to the community for both Essential Safety Function 6 which is Mass Sheltering/Care and Essential Safety Function 8 Medical Counter Measures/PHEP (ESF6 & ESF8).

The following are the CGS stipulated “10 Essential Public Health Services” and examples of the associated services we provide:



Putting the 10 Essential Services in Daily Context

10 Essential Public Health Services



1. Monitor health status to identify and understand community health issues

Example: Conduct regular review of Wallingford health data through use of the CT DPH electronic disease system known as MAVEN; conduct outreach and education to medical providers and residents concerning communicable disease, chronic disease, vaccine preventable disease; currently engaged with community partners for the continued review and updating of Wallingford Health Improvement Plan based on both the State and National outline, Healthy People 2020. DataHaven statistical information utilized to devise community based public health interventions as part of our town's health improvement plan.

2. Identify (diagnose) and investigate health problems and health hazards

Example: Public health nuisance complaint investigation program (detailed in the Environmental Services section): 234 complaints investigated in CY 2019 (5% increase over CY 2018) as per CT PHC definition of "nuisance complaint" including corrective and the issuance of Legal Order to Comply, enforcement through arrest process and Housing Court or contract abatement action and priority lien assessed.



- Utilize the CT DPH laboratory services for analysis of environmental samples (lead, soil, water) and CT Agricultural Experiment Station for insect/pest/plant samples (ticks, bedbugs, spiders, and poison oak/ivy/sumac) and educate/assist the resident based on results. Mosquito trapping station in town was monitored and provided updates to town leadership/residents regarding EEE and WNV.
- Local Public Health Emergency Preparedness (PHEP) such as coordinating with the Town Emergency Management for Local Emergency Operations Plan (LEOP) based on the FEMA guidelines and Emergency Support Functions (ESF's); developing response plans (Ebola, H1N1, Anthrax, Pandemic Influenza, Emerging Infectious Diseases)
- Lead Medical Countermeasures (MCM). Director of Wallingford Medical Reserve Corp (MRC) 154 citizen volunteers along with continued recruitment and outreach of non-medical and medical citizen volunteers).
- Maintain volunteer database and provide quarterly training; establish a Local Health Alert Network (Everbridge) to reach providers in time of emergency; participate in state, regional and local exercises and drills.
- Provide consult and support to BOE concerning communicable illness through attendance at parent's informational sessions and serving on committees (examples Pertussis, measles, emergency response planning, Tools-for-Schools and Indoor Air Quality, Food Allergy Committee, Health and Wellness Committee, and School Security Committee).

3. Inform, educate and empower people about health issues in order to make healthy choices

Example: Childhood Lead Poisoning Protection Education, 19 cases of childhood lead monitoring in 2019 resulting in in-home risk assessments and parental education; conducted community outreach on various health topics and provide printed material and consultation

- 8 CPR/AED certification courses offered resulting in obtaining the American Heart Association HeartSAFE Community designation; 54 local food service employees completed in-house Qualified Food Operator (QFO) certification presented in English and Spanish,
- The 4th edition of the Health Department's Healthy Dining Guide focusing on local food establishments will also be created and distributed in the 2020 calendar year.

4. Mobilize/Engage the community partnerships to identify and solve health problems

Examples: Active participant and leadership role with multiple community partners and stakeholders to assess needs and develop policy changes to improve overall health (Coalition for a Better Wallingford, Wallingford Committee on Aging, YMCA, Spanish Community of Wallingford (SCOW), Mayors Council on Substance Abuse and the Wallingford Community Health Alliance.

5. Develop public health policies and plans that support community health efforts

Examples: Review and recommend new or revisions as needed to ordinances (Food, Septic, and Nail Salons/Tattoo Establishments. Chapter 592 Salon Establishments will have to be modified to meet the new regulations passed in this past year's legislative session. A local ordinance raising the age to purchase tobacco and electronic smoking products from the current 18 years old to 21 years of age was implemented in April of 2019 (Local Ordinance # 626).

- Public Health Advocacy to state, town leadership, general public; member of CT Environmental Health Association (CEHA) and the President Elect of the Connecticut Association of Directors of Health (CADH)
- Develop department strategic planning focused on quality assurance and programmatic review as a member of the Food Safety Advisory Group (FSAG).



6. Enforce public health laws and regulations that protect health and safety

Examples: Review total enforcement actions by function in attached Environmental Activities.

- Coordinate with Planning and Zoning, Building, Fire Marshal and Water/Sewer Division for review of proposed land use developments.
- Conducted a tabletop exercise on response to pandemic influenza on June 19, 2019 in coordination with the Wallingford Police Department, Wallingford Fire Department, Emergency Management, Connecticut Department of Public Health and the Board of Education.

7. Link people to needed health services

Examples: Promote community based health services on a departmental developed centralized document for underinsured/low income residents; provide nursing services at Senior Center.

- Participate and promote community events/services (Celebrate Wallingford, Library's Children's Health Fair, Sheehan HS Health Fair, YMCA Health Fair, Employee Health Fair, Community Day); Co-Chair of Wallingford Community Health Alliance.

8. Maintain a competent public health workforce

Examples: Ensure all professional staff maintains current certifications and required continuing education, training, and professional development; participate in DEMHS Region 2 exercises/drills. 1 staff member recently certified for Phase II Subsurface Sewage and 1 staff member certified by CT DPH as a Food Inspection Training Officer (FITO). Health Educator obtained a national certification as a Certified Health Education Specialist (CHES) in addition to (QPR) Question, Persuade, and Refer Instructor

9. Evaluate effectiveness and quality of programs and interventions

Examples: Conduct monthly quality assurance inspections and standardization with staff (implemented 2014); review written reports for compliance with policy and enforcement of regulations; evaluate protocols integrated in grant funded programs/initiatives. Internal quality assurance program for environmental department functions promotes efficiency and thoroughness of work. Standard 4 of FDA Foodcode Program Standards is the foundation for this quality assurance program.

10. Research and apply new and innovative solutions to address public health problems

Examples: Support Public Health Research and development of evidence based best practices as site preceptor for undergraduate/graduate students; Report/Present on experiences and practices at professional forums/events such as DEMHS Region 2, LEOP and Public Health Emergency Preparedness Summit

- Conduct health education programs based on improved outcome (Childhood Lead Prevention and Risk Assessments, Parkinson's Support Group, Matter of Balance program).
- Work with the State's Attorney Office, Housing Prosecutor, for an integrated response to hoarding/public health nuisances.
- Data collection utilizing DataHaven services to create programming specific to the town of Wallingford's community health assessment.



Looking Forward to 2020

The Health Department's overall goal is to continue to maintain the quality and efficient delivery of all the 10 Essential Services required as listed. More specifically, we will continue in our efforts to collaborate with community partners in the Wallingford Community Health Alliance, Eat-Play-Unplug initiative, and review the updated goals established by CDC and the CT State Health Improvement Plan (SHIP). The plan will be evidence-based, focused on improving the health outcome of residents. A community health assessment will be conducted by the department to evaluate these needs in this coming 2020 calendar year.



Environmental

Environmental Inspections	2019	2018	2017	2016	2015
Food (288 Establishments, 48 Temp Events)	1012	928	1041	796	925
Salon (95 establishments)	120	129	130	135	148
Day Care (29 establishments)	23	17	21	24	17
Pool (22 Public Pools)	44	45	36	30	44
Soil Testing	13	5	19	23	18
Septic	34	25	27	20	22
Well	3	10	11	14	22
B-100A	16	11	21	15	14
Total Inspections	1265	1170	1306	1057	1210

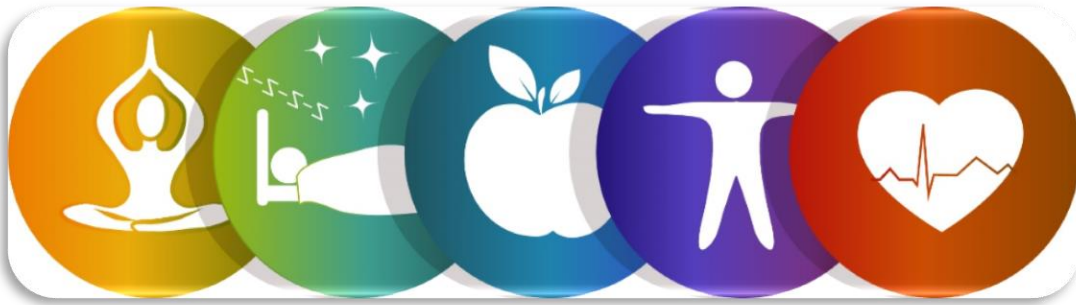
Nuisance Complaints	2019	2018	2017	2016	2015
Garbage/Bulky Waste	54	56	61	67	95
Food Service	47	31	27	32	25
Barbershop/Hair/Nail	2	6	4	3	6
Lead	19	19	1	5	42
Odor	15	8	6	9	2
Dog Feces	3	3	3	4	5
Bed Bugs/Mold	7	6	6	4	7
Sewage	11	8	7	3	6
Stagnant Water	6	6	3	6	3
Pool	1	3	2	2	3
Rodents	16	11	29	35	18
Other	49	42	39	28	25
Tick Submissions	27	24	16	18	16
Totals	257	223	204	216	253
Health Orders Issued	27	23	43	46	40



Revenue

Account	2019	2018	2017	2016	2015
Food	\$22,363.50	\$22,480	\$20,730	\$21,335	\$20,280
Salon	\$7,050	\$6,850	\$6,950	\$6,550	\$5,875
Perc Test	\$100	\$100	\$200	\$150	\$250
Septic	\$1,650	\$1,000	\$1,250	\$1,150	\$1,250
Well	\$150	\$475	\$600	\$650	\$675
Misc.	\$128	\$131.50	\$185	\$95.30	\$74
Total	\$31,441.50	\$31,036.50	\$29,915	\$29,930.30	\$28,404





HEART Safe



Community[®]

2019's programming reflected the efforts of the Health Department to embody the focus areas of the Wallingford Health Improvement Plan (WHIP). The Community Health Alliance (formerly known as Healthy Wallingford 2020) continued to meet quarterly throughout the year and leaders collaborated on various different programming areas that would address community based issues. A community health assessment will be conducted in the 2020 calendar year to further update areas of focus for the Wallingford Community Health Alliance.

Health & Wellness



Focus Area #1 of the WHIP is Healthy Housing.

During 2019, there were 19 childhood lead cases actively monitored by the Sanitarian staff. Risk assessments were offered to these residents to aid in reducing the negative health impacts of elevated blood lead levels. Another area of focus in Healthy Housing is Fall Prevention. The Public Health Nurse and Health Educator provided a springtime session of “A Matter of Balance” at the Wallingford Senior Center. This was an 8 week course that changed the attitudes and behaviors surrounding falls. The course taught the attendees how to prevent falls, be assertive, and the best way to get up from the floor if they do suffer a fall. 12 individuals graduated from this informative course addressing Fall Prevention. The Health Educator and Public Health Nurse also certified another coach to teach this course in order to provide more training opportunities in the future. Lastly, another facet of Healthy Housing that Wallingford addressed in 2019 was the ensure safe homes for children with asthma. The Public Health Nurse participated in 11 asthma assessments this year which included asthma education, a medication assessment, an environmental assessment, and asthma assistive devices were provided free of charge to the family through a partnership with the State Department of Public Health.

Focus Area #2 of the WHIP is Behavioral Health.

This year, the Health Educator was certified as a QPR Instructor. QPR is a widely recognized suicide intervention technique that stands for Question, Persuade, and Refer. There were 2 sessions this year; one for community members in conjunction with a Narcan training, and one for the clergy of Yalesville United Church. The Wallingford Medical Reserve Corps (MRC) also provided 2 Mental Health First Aid courses, presented by The Connection, that educated residents upon the risks and treatments of mental health disorders. Lastly, we were able to offer 2 free Narcan/QPR trainings at 2 different locations this year in partnership with the Coalition for a Better Wallingford. Free Narcan kits were available at these trainings.

Focus Area #3 of the WHIP is Healthy Lifestyles and Active Living.

One of the highlights of 2019 was the first annual Community Day. The Community Health Alliance’s goal was to spread the message of “Eat, Play, Unplug” and disseminate services and resources available to the community of Wallingford. This event took place on August 24, 2019 and 20 vendors were present. There were outdoor activities offered by Board of Education and Youth and Social Service staff. This event proved to be a huge success and really encompassed Focus Area 3 of Healthy Lifestyles and Active Living.

The Fit-to-go presentations from the Health Educator were conducted to two groups of fourth graders and highlighted the importance of portion control, which is applicable to healthy lifestyles. The Ulbrich Boys and Girls club also requested a similar program for their younger group. The Health Educator presented similar materials which included a hands-on demonstration, games, and nutrition related giveaways.

The Public Health nurse over the course of the 2019 calendar year administered hundreds of blood glucose and blood pressure screenings at the health fairs and assigned hours at the Senior Center. The residents who displayed high blood pressure or glucose levels were provided information and education materials on healthy lifestyle changes that will improve their levels.

Focus Area #4 of the WHIP is the Eat Play Unplug Initiative.

Expanding upon 2018’s very successful “Kindness Rocks” initiative, the Department chose to utilize mini pumpkins and offer Celebrate Wallingford attendees to decorate the pumpkins. Decoration sets were also available to children who may not be able to use the paint pens available. The Health Department intent was to highlight the kindness providing the participants a festive opportunity to engage with community members and share an act of kindness together. This also provided an opportunity to for Health Department staff to promote services available to residents.



Health & Wellness

Event	Location	Date	Time	Participants	Note
Lead Risk Assessments	Residents Home		Appointment Required	19	1015 North Main St. Extension.
Asthma Assessments	Residents Home		Appointment Required	11	Ongoing
Early Childhood Education Fair	Wallingford Public Library	1/19/2019	9:30 AM – 12:30 AM	50+	Booth hosted by Public Health Nurse and Health Educator
Town Hall Employee Blood Pressure Check	Second floor of Town Hall	2/26/2019	11:00 AM – 1:00 PM	8	Public Health Nurse, Health Educator and intern recorded blood pressures for employees
Health Update for Government TV	Government TV Studio: 6 Fairfield Blvd., Wallingford CT	3/4/2019	4:30 – 5:00 PM	50+	Interview of Health Educator about Health Department scope of services
YMCA Fit-to-go Presentation on Nutrition	Pond Hill Elementary School	3/11/2019	4:30 – 5:15 PM	10	Health Educator presented to YMCA after school program of 3 rd & 4 th graders
YMCA Fit-to-go Presentation on Nutrition	Mary G. Fritz Elementary School	3/12/2019	4:30 – 5:15 PM	12	Health Educator presented to YMCA after school program of 3 rd & 4 th graders
A Matter of Balance Coaches Training	143 Hope Hill Rd, Wallingford CT	3/18/2019, 3/20/2019	10:00 AM – 2:00 PM	1	Public Health Nurse and Health Educator provided a Coaches training for program sustainability.
Portion Control Educational Presentation	Ulbrich Boys and Girls Club	4/1/2019, 4/5/2019	3:15 PM – 4:15 PM	20	Educational presentation given to 3 rd and 4 th graders at the Boys and Girls of Wallingford
A Matter of Balance Course Sessions	Creative Arts Room – Wallingford Senior Center	4/17, 4/24, 5/8, 5/15, 5/22, 5/29, 6/5	10:00 AM – 12:00 PM	12	Class ran over the course of 8 weeks. 12 residents graduated by attending 5+ classes.
Town Hall Weight Loss Challenge	Room 315, Wallingford Town Hall	4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18	5:15 PM – 6:00 PM	6	This weight loss challenge was offered to Town employees. They received education, incentives, and were weighed in weekly.
Food Bank Health Fair	CT Food Bank: 2 Research Parkway, Wallingford, CT	6/14/2019	12:00 – 2:00 PM	50+	Food Bank employee health fair. Health Educator presented info on sun safety
Healthy Kids Day	Doolittle Park	6/15/2019	10:00 AM – 12:00 PM	50+	YMCA hosted event
CPR/AED for East Shore District Health Department	688 E Main St, Branford, CT 06405	6/27/2019	6:00 PM – 8:00 PM	6	Course was presented for Emergency Preparedness volunteers in Branford.
CPR/AED for Spanish Community of Wallingford EN ESPANOL	284 Washington Street, Wallingford CT	7/3/2019	6:00 PM – 8:00 PM	10	Course was presented for Spanish community of Wallingford members. Presented in Spanish by the Chief Sanitarian.



Health & Wellness

CPR/AED for Spanish Community of Wallingford EN ESPANOL	284 Washington Street, Wallingford CT	7/10/2019	6:00 PM – 8:00 PM	11	Course was presented for Spanish Community of Wallingford members. Presented in Spanish by The Chief Sanitarian.
First Annual Community Day	Community Lake @ Linear Trail	8/24/2019	11:00 AM – 2:00 PM	200+ attendees	This event was a community effort to showcase all of the organizations in Wallingford and the resources/services that they offer.
Lunch and Learn at Senior Center	Wallingford Senior Center	8/30/2019	11:00 AM – 12:00 PM	40	CT Chapter of the American Parkinson Disease Association hosted Dr. Dagostine to conduct a workshop with the Parkinsons support group.
QPR (Question, Persuade, Refer) for Coalition	136 Center Street	9/19/2019	6:00 PM – 8:00 PM	13	This training was taught to a group of individuals at the Coalition for a Better Wallingford. Suicide intervention technique.
Ulbrich Boys and Girls Club Kids Day	Grand Street Park – Wallingford CT	9/21/2019	1:00 PM – 4:00 PM	50+	Health Educator was present at this annual event and awarded giveaways to children who answered the nutrition questions correctly.
CPR/AED for the Town Hall Staff	Wallingford Town Hall – room 315	9/26/2019	6:00 PM – 8:00 PM	7	CPR/AED Training in the Town Hall.
Celebrate Wallingford	Front of Town Hall: 45 South Main St, Wallingford, CT	10/6/2019, 10/7/2019	11:00 AM – 4:00 PM	700 Pumpkins	“Choose Kindness” initiative came into fruition for this special event. Children decorated pumpkins with paint pens and decoration sets.
CPR/AED for Spanish Community of Wallingford	284 Washington Street, Wallingford CT, 06492	10/15/2019	6:00 PM – 8:00 PM	12	This training was presented in English by the Health Educator.
Town Hall Flu Clinic	Wallingford Town Hall – Room 315	10/17/2019	11:30 AM – 1:30 PM	53	Annual opportunity for Town Hall employees to receive their influenza vaccinations.
Public Flu Clinic	Wallingford Public Library	10/26/2019	10:00 AM – 12:00 PM	31	Annual opportunity for residents to receive their influenza vaccinations.
CPR/AED Training for MRC Members	143 Hope Hill Rd., Wallingford CT 06492	10/29/2019	6:00 PM – 8:00 PM	7	CPR/AED Training for emergency Preparedness group.
Public Health Education Panelist at Southern Connecticut State	501 Crescent St. New Haven, CT 06515	11/12/2019	11:00 AM – 1:00 PM	40+	Health educator spoke to SCSU students about job opportunities within local health.
CPR/AED for Spanish Community of Wallingford EN ESPANOL	284 Washington Street, Wallingford CT, 06492	11/12/2019	6:00 PM – 8:00 PM	10	Course was presented for Spanish Community of Wallingford members. Presented in Spanish by The Chief Sanitarian.
Diet talk to Senior Center	Wallingford Senior Center	11/22/2019	11:00 AM – 12:00 PM	16	The Public Health Nurse hosted a discussion about the benefits of the Mediterranean diet.
QPR (Question, Persuade, Refer) Training	Yalesville United Church	12/10/2019	6:30 PM – 7:30 PM	5	This training was taught to a group of individuals at the Coalition for a Better Wallingford. Suicide intervention technique.



Public Health Nurse Senior Center Service Office Statistics

Type of Service	Normal Limits	Abnormal Limits
Blood Pressure	905	102
Height/Weight	24	16
Glucose Screening	25	6
Medication Management	0	
Medical Questions	211	
B12 Injections	26	
Telephone Consultation	61	
Total Services Provided	1376	
Assessments:		
Neurological	10	
Pulmonary (COPD)	49	
Cardio (CHF)	60	
Endocrine	33	
Gastrointestinal	1	
Orthopedic	22	
Skin	69	
Vascular	3	
Other	23	
Total Assessments	260	
Counseling and Education:		
Specialized Diet	31	
Weight Loss	1	
Disease Management	88	
Fall Prevention	25	
Total Counsels and Ed	145	
Referrals:		
MD	98	
Emergency Services	5	
Outpatient Clinic	3	
Senior Center Social Worker	1	
Mental Health Services	3	
Registered Dietician	1	
Total Referrals	111	
1386 Total Office Visits		

Health & Wellness



*medical
reserve
corps*



The table below reflects the efforts of the Wallingford MRC Unit 2460 to enhance the community resiliency of residents through offering a wide variety of trainings. The Wallingford MRC was also present at many community events to promote their mission and gain more membership.

The trainings offered this year reflected an effort to keep the offerings relevant to today's ever-changing world. We offered two Mental Health First Aid trainings, from the professionals at The Connection in Middletown. This course was intended to be eight hours, but it was condensed to a three-hour course so that it could be more digestible for volunteers. The course covered early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The Health Educator was certified as a QPR (Question, Persuade, Refer) instructor this year and provided 2 courses to the Unit. QPR is a widely recognized suicide intervention technique and will continue to be offered to the community.

We also wanted to offer a training that would bolster the MRC volunteers' personal preparedness. We contracted T4 Survival to provide a Krav Maga Self Defense seminar for the volunteers. This two-hour training taught hands on self-defense methods to use for when someone may be attacking an individual. This was a unique training that other MRC units haven't offered to their volunteers.

This is the second year in a row that the Wallingford MRC Unit collaborated with the Wallingford Police Department to provide volunteer actors for their Active Shooter drills. This is a week-long drill with the goal of training all officers in the force to effectively respond to an Active Shooter situation. The drills are held at Sheehan High School and we had many MRC members volunteer their time to make this drill possible. The MRC volunteers enjoyed assisting this cause and look forward to this opportunity to collaborate with the Police Department every year.

MRC



MRC Trainings

Event	Location	Date	Time	Participants	Notes
Until Help Arrives	143 Hope Hill Rd., Wallingford CT	2/7/2019	6:00 PM – 8:00 PM	5 + 1 staff	Training was taught by Wallingford Emergency Manager.
Narcan & QPR Training	Wallingford Public Library	2/13/2019	6:00 PM – 8:00 PM	16 + 1 staff	Behavioral Health Network taught training and provided free Narcan units.
CPR & AED Certification	143 Hope Hill Rd., Wallingford CT	3/6/2019	6:00 PM – 8:00 PM	10 + 1 staff	Health Educator taught training for MRC members.
Until Help Arrives	143 Hope Hill Rd., Wallingford CT	3/28/2019	6:00 PM – 8:00 PM	5 + 1 staff	Training was taught by Wallingford Emergency Manager.
Narcan & QPR Training	Wallingford Public Library	3/30/2019	10:00 AM – 12:00 PM	15 + 1 Staff	Behavioral Health Network taught training and provided free Narcan units.
Mental Health First Aid Training	Wallingford Public Library	4/17/2019	6:00 PM – 9:00 PM	5 + 1 staff	A three-hour training taught by The Connection from Middletown.
CPR & AED Certification	143 Hope Hill Rd., Wallingford CT	5/7/2019	6:00 PM – 8:00 PM	5 + 1 staff	Health Educator taught training for MRC members.
Krav Maga Self Defense Seminar	Wallingford Parks and Rec	5/23/2019	6:00 PM – 8:00 PM	7 + 1 staff	T4 Survival was contracted to teach MRC members hands on defense techniques.
Mental Health First Aid Training	Wallingford Public Library	6/8/2019	10:00 AM – 1:00 PM	5 + 1 staff	A three-hour training taught by The Connection from Middletown.
Active Shooter Drills – Wallingford PD	Mark T. Sheehan High School	6/17/2019 – 6/21/2019	1:30 PM – 3:30 PM	10	MRC members assisted Wallingford PD by playing actors for annual active shooter drill.
CPR & AED Certification	Room 315 of the Wallingford Town Hall	9/26/2019	6:00 PM – 8:00 PM	5 + 1 staff	Health Educator presented ASHI materials.
CPR & AED Certification	Room 315 of the Wallingford Town Hall	10/29/2019	6:00 PM – 8:00 PM	9 + 1 staff	Health Educator presented ASHI materials.

Total Volunteers/Residents Trained: 97



MRC Recruitment & Outreach

Event	Location	Date	Time	Notes
Government TV Interview	6 Fairfield Blvd, Wallingford CT	3/4/2019	4:30 PM	Health Educator was interviewed for local program and encouraged residents to join the Unit.
Rotary Club – MRC Recruitment Discussion	60 N. Main Street, Wallingford CT	7/31/2019	12:00 PM	Health Director and MRC Coordinator facilitated a recruitment discussion about MRC to rotary club members.
Community Day	Community Lake	8/24/2019	10:00 AM – 1:00 PM	The first annual event of the Community Health Alliance. 2 volunteers were present for recruitment purposes.
Celebrate Wallingford	Booth in front of Wallingford Town Hall	10/6/2018 – 10/7/2018	11:00 AM – 4:00 PM	Civic booth at a large local event, promoted MRC.
Public Flu Clinic	Wallingford Public Library	10/13/2018	9:30 AM – 12:00 PM	MRC nurses were present, administered flu shots.
SCSU Student Presentation	Southern CT State: 501 Crescent St., New Haven, CT	11/12/2018	11:00 AM – 1:00 PM	Health Educator spoke to students about the importance of protecting one's community through volunteering with MRC



Wallingford

MARIACHI BAND PERFORMANCE

Canoe Rides Fitness Demo
GAMES ZUMBA
Karate Demo Ice Cream
Pizza Truck
PRIZES, ACTIVITIES, AND MORE...

Over 15 Booths offering information on services, programs, and events in the community!

Please bring a nonperishable food item to help support Master's Manna

Free Event Saturday August 24, 2019, 11am - 2pm
Community Lake, 291 Hall Ave.

Presented by: the Wallingford Community Health Alliance

William Dickinson, Jr., Mayor of Wallingford
Wallingford Health Department
Wallingford Youth & Social Services
Wallingford Parks and Recreation
Wallingford Public Library
Wallingford Center Inc.
Wallingford Public Schools
Wallingford Housing Authority
Wallingford Senior Center
Wallingford Police Department

Wallingford Fire Department
Wallingford Family YMCA
Ulrich Boys and Girls Club
SCOW
United Way of Wallingford
Coalition for a Better Wallingford
Masonicare
Mary Mushinsky, State Representative
Hartford Healthcare
Gaylord Hospital
350 Jubilee Committee

"To gauge the community in a healthy lifestyle, while impacting health outcomes and quality of life for all residents."

Wallingford MRC Newsletter

Town of Wallingford Health Department Staff
Debrah Davis, R.T., RFA
Director of Health
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Greetings MRC Members!

Happy 2019 to everyone!

We're looking forward to another awesome year full of trainings & keeping the community safe & healthy.

Please note the Matter of Balance Coaches training that was emailed out in the beginning of January! We are looking for more people to sign-up, so please let us know if you're interested.

If you're looking to further your training beyond the current in-person opportunities, please visit: <https://training.fema.gov/is/>



After visiting the FEMA website, go to the Independent Study section and select either: IS-100.c, IS-700.b, or IS-200.b which are an MRC requirement! After completion, please email a copy of your certificate to the MRCcoordinator06492@gmail.com. Thanks!

45 South Main St, Rm 215 • Phone: (203) 294-2065 • Fax: (203) 294-2064

Trainings:

What:	When:	Where:
Unint Help Arrives	6pm-8pm Feb. 7, 2019	MRC Building, 143 Hope Hill Rd., Wino
Narcan & QPR Training	6pm-8pm Feb. 13, 2019	Wallingford Public Library-Collins Room
CPR & AED Certification	6pm-8pm Mar. 6, 2019	MRC Building, 143 Hope Hill Rd., Wino
Unint Help Arrives	6pm-8pm Mar. 28, 2019	MRC Building, 143 Hope Hill Rd., Wino
Narcan & QPR Training	10am-12pm Mar. 30, 2019	Wallingford Public Library-Community room
Mental Health First Aid	6pm-8pm April 17, 2019	Wallingford Public Library-Collins Room
First Aid Certification	6pm-8pm April 25, 2019	MRC Building, 143 Hope Hill Rd., Wino
CPR & AED Certification	6pm-8pm May 7, 2019	MRC Building, 143 Hope Hill Rd., Wino
Krav Maga Self Defense Seminar	6pm-8pm May 23, 2019	Wallingford Parks & Rec
Mental Health First Aid	10am-1pm June 8, 2019	Wallingford Public Library-Community room

Registration: call the office at the number below, or email MRCcoordinator06492@gmail.com

Warning

TICKS MAY BE FOUND IN THIS AREA

TO PREVENT TICK BITES:
Wear light colored clothing and tuck pant legs in socks

Apply insect repellent to skin and clothing containing: **20-30% DEET**

Examine clothing and skin frequently for ticks

Put clothes in the dryer on high heat for 60 minutes after being in a heavily wooded area

Carefully remove attached ticks immediately

Blacklegged Tick (Deer Tick)

labeled: nymph, adult male, adult female

Approx. Size: nymph (1/8"-1/4"), adult male (1/4"), engorged adult (1/2"-3/4")

Please contact the Wallingford Health Department for tick identification and testing (203) 294-2065

EEE

Eastern Equine Encephalitis (EEE) is an extremely rare but serious and often fatal infection that causes encephalitis or inflammation of the brain.

How does EEE spread?

EEE is spread by the bite of a mosquito infected with EEE virus.

Symptoms

Symptoms of EEE generally occur 4 to 10 days after a person has been infected and include:

- high fever
- headache
- irritability
- nausea/vomiting
- neck stiffness

Some of the most common symptoms of encephalitis include:

- seizures
- confusion (disorientation)
- coma

In one-third of cases, encephalitis can be fatal or lead to permanent brain damage.


How can I lower my risk of getting EEE?

- Wear shoes, socks, long pants, and a long-sleeved shirt when outdoors
- Use Mosquito repellent with DEET
- Get rid of any outside items that hold water as it becomes stagnant and is a breeding ground for mosquitos


For more information please call (203) 294-2065

Flyers & Educational Material





UNDER 21 Tobacco 21 Law



The Sale of Tobacco Products or Electronic Smoking Devices to Persons Under 21 is Prohibited
Nicotine is an Addictive Chemical

Per the Code of the Town of Wallingford Ordinance Number 626
 Effective Date 4/19/2019



Town Hall Employees: Biggest Winner Challenge

Free giveaways at every session! Join us for a free weight loss program, hosted by the Health Department:

- Top 3 weight losers will win Shop Rite gift cards.
- The challenge begins on April 25, 2019 and will run every Thursday for 8 weeks until June 13, 2019.
- It will be from 5:10 PM—6 PM. Come right after work to Room 315.

Call the Health Department: (203) 294-2065 to sign up!

Keeping weight off!

Easy at home exercise & what to do at gym!

Food replacement ideas!

Healthy lifestyle changes!



Wallingford Health Improvement Plan

Our mission: Uniting community resources to enhance the health and well-being of all Wallingford residents.

Community Health Alliance

William Dickinson, Jr., Mayor of Wallingford
 Wallingford Health Department
 Wallingford Youth and Social Services
 Wallingford Parks and Rec
 Wallingford Public Library
 Wallingford Center Inc.
 Wallingford Public Schools
 Wallingford Housing Authority
 Wallingford Senior Center
 Wallingford Police Department
 Wallingford Fire Department
 Wallingford Family YMCA
 Ulbrich Boys and Girls Club
 Spanish Community of Wallingford
 United Way of Wallingford
 Coalition for a Better Wallingford
 Masonicare
 Mary Mushinsky, State Representative
 Hartford Healthcare
 Gaylord Hospital
 350 Jubilee Committee

healthywallingford2020@gmail.com
 @healthywallingford2020
 Call: (203)294-2065


The Dangers of:



The second leading cause of lung cancer.

Join the State Department of Public Health for a discussion on Radon testing! Material to be covered:

- The easy steps of testing for Radon.
- Why radon will effect you and your family.
- How Radon Mitigation systems work.



FREE RADON test kit if you attend this session!

January 10, 2019
 1pm—2pm
 Wallingford Public Library
 200 N Main St,
 Wallingford CT 06492

Call to sign-up: (203) 294-2065

45 South Main St., Rm. 215 • Phone: (203) 294-2065 • Fax: (203) 294-2064

Overview of the WHIP Focus Areas:

Healthy Housing (Health Department)

1. Asthma
2. Falls Prevention
3. Lead Poisoning Prevention

Behavioral Health

1. Suicide Prevention
2. Substance Abuse
3. Teen Dating Violence

Healthy Lifestyles

1. Obesity (Physical Activity & Nutrition)
2. COPD (Chronic Obstructive Pulmonary Disease)
3. Substance Abuse

Eat, Play, Unplug

1. Quarterly message focused on community values.

Current focus: **Choose Kindness!**
A subcommittee was formed to brainstorm ways in which we can encourage residents of Wallingford to practice kindness in every interaction that they have. We strive to make the community a happy and healthier place.

"Kindness Rocks" Project
A Product of the Choose Kindness Committee:




WALLINGFORD HEALTH DEPARTMENT QUARTERLY NEWSLETTER

"Bringing you important food safety updates and information"

September 2019

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Sanitarian
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"FOOD FOR THOUGHT"

C The Health Department will be holding our next class on **September 23, 2019** for the **introductory portion** of the course and on **September 30, 2019** for the exam. The cost of the course is \$100.00, which includes the book for review and a digital thermometer that meets the FDA Food Code requirements. Limited spots are available and will be kept to 25 participants.

F

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P

M

**EMPLOYERS
are the
FIRST
LINE OF FOOD DEFENSE**

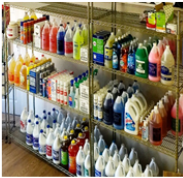
Chemical Safety Do's

- Store chemicals away from food storage and contact areas. Chemicals can easily get into food or spill onto food-contact surfaces if they are stored incorrectly. A separate area should be used for chemical storage to make sure your food and equipment stay safe.
- Label all chemicals clearly. If chemicals are mislabeled or hard to read, it can be difficult to know what they are and should be used for. If you find a chemical container without a clear label, discard the chemical properly.
- Follow the manufacturer's instructions for chemical use. It is very important to follow the instructions for each chemical. If there is too much or too little of the chemical, or if it is used incorrectly, the chemical can be dangerous.
- Wash your hands after handling chemicals. Chemicals can get on your hands and you could spread them if you do not properly wash your hands. Be sure to keep yourself and others safe by washing your hands after handling chemicals.



Chemical Safety Do Not's

- Do not clean or use chemicals near food. Chemicals can easily get into food if they are near it. Keep them separate and protect your food from contamination.
- Do not mix chemicals together. Chemicals can become more dangerous and unexpected results can happen if chemicals are mixed.
- Do not use copper, galvanized metal, lead, and pewter cookware and utensils. Lead, which is also in pewter, can be toxic in high enough levels. Acidic foods used with copper cookware can leach the chemicals and make the food toxic. Avoid using these types of cookware.
- Do not use a chemical container to store food. Containers used for chemical storage can still have toxic materials in them, even if they appear clean. If you put food in them, your food may become toxic. Discard of chemical containers properly and use only NSF food-grade storage containers to store food.



Cold Holding/Cooling

- Potentially hazardous food (PHF/TCF) food includes items such as dairy, meat, cut leafy greens, cut tomatoes, and baked potatoes. PHF must be held at the correct temperatures of 41° or lower & 135° or higher. **If not held at the correct temperatures, they could grow enough pathogens to make someone sick.**
- Temp food held on a cold holding line or cool buffet every 2 hours. This allows time for corrective action if it moves out of temperature range.
- Don't overcook product in a container on a cold holding unit or buffet. When this occurs, the product at the top of the container often temp above 41°.
- Hot food held on a cold holding line to redistribute the temperature.
- Use the two-stage cooling process to ensure food cools quickly and correctly. This requires you to cool food from 135° to 70° in two hours or less, and then from 70° to 41° or less in an additional four hours. Wait until food reaches 70° before putting it in the cooler. Placing hot food directly into a cold holding unit will cause all items stored around it to raise in temp. If you do not reach 70° in a two-hour time frame, you can reheat the food and start the process over or discard the food. Pathogens grow much faster at temperatures between 70° and 125°. Accelerating food through this temperature range quickly will help reduce this growth.



Glove Use and Handwashing

Many people have the mindset that if they have gloves on, the food they prepare will always be safe. However, gloves can become contaminated just as easily as a worker's hands. If food workers don't wash their hands before putting on gloves or don't put gloves on properly, the gloves could be contaminated with dangerous pathogens. Workers must wash their hands before putting on a new pair of gloves, whenever they put on a new pair. And simply having gloves on does not mean the food being prepared will be protected from pathogens. If a worker is performing the same task, the gloves must be changed every four hours. Pathogens can multiply to dangerous levels in that four-hour time period.



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Wallingford Health Department Presents: Employee & Family Flu Clinic



Get your Flu Shots

WHEN:
Thursday October 17, 2019
11:30 am – 1:30 pm

WHERE:
Town Hall
45 S. Main St.
Room 315



All Insurances Accepted
Ages 8 and up
Call to Register 203-294-2065

Fight the Flu



Cover your cough!

Wash your hands.

Stay home when sick.

Get vaccinated.



Wallingford Health Department Presents: Public Flu Clinic



Get your Flu Shots

WHEN:
Saturday October 26, 2019
10 am – 12 pm

WHERE:
Wallingford Public Library
200 N. Main St.



All Insurances Accepted
Ages 8 and up
Call to Register 203-294-2065

Fight the Flu



Cover your cough!

Wash your hands.

Stay home when sick.

Get vaccinated.



Flyers & Educational Material



Radio to North Pole—Talk to Santa!



Who: Wallingford Amateur Radio Group, alongside the Wallingford Health Department, Youth & Social Services, and Masters Manna
When: December 7, 2019 from 10am – 2pm
Where: Former Firehouse: 143 Hope Hill Road, Wallingford CT 06492
Why: So the kids can talk to Santa!

Snacks provided & crafts are available!
PLEASE bring nonperishables for Masters Manna!



45 South Main St. Rm. 215 • Phone: (203) 294-2065 • Fax: (203) 294-2064

Attention MRC Members! CPR/AED Certification Course



SEPTEMBER 29, 2019
 6PM—8PM
 MRC BUILDING
 143 HOPE HILL ROAD,
 WALLINGFORD CT 06492

Course Description: American Trauma CPR/AED certification classes provide you the fundamental skills & confidence to perform CPR on adults, children, or infants. This course will also teach participants the proper use of an AED. This certification is valid for 2 years.

Please register by calling the Health Department: (204)294-2065 or emailing:

MRCcoordinator06492@gmail.com

45 South Main St. Rm. 215 • Phone: (203) 294-2065 • Fax: (203) 294-2064

Mental Health First Aid

Hosted by the Wallingford Health Department,

Medical Reserve Corps & presented by: *The Connection*

April 17, 2019
 6 PM—9 PM
 Wallingford Public Library
 200 N. Main Street, Wallingford CT

Course Description:

During this training, individuals will learn about mental illnesses and addictions including risk factors and warning skills, so they are able to recognize someone in distress and respond appropriately.

To register call: (203)294-2065 or email: MRCcoordinator06492@gmail.com

Looking for volunteer coaches!



Chances are, you know someone who has fallen or who is afraid of falling. *A Matter of Balance* is a proven program designed to help people manage concerns about falls & increase physical activity. The Wallingford Health Department is looking for volunteer coaches to help us teach this program! Coaches help participants become more confident about managing falls, help to identify way to reduce falls, and lead exercises to help increase strength and balance.

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
- Be assertive

What do you need to be a coach?

- Good communication skills & interpersonal skills
- Enthusiasm, patience, dependability and a willingness to lead small groups of older adults
- Ability to lead low level to moderate level exercise

Coaches training will be held on March 18 AND March 20 from 10am—2pm. This 2 day training will certify you to be an official "A Matter of Balance" coach!

Classes will be held twice a week for 4 weeks OR once a week for 8 weeks, depending on the coaches preferences. Classes are 2 hours each. If this sounds like an opportunity that you would be interested in, contact: MRCcoordinator06492@gmail.com or call: (203)294-2065



Organizations converge on park, lake for first annual Community Day event in Wallingford

By Steven Scarpa
Special to the Record-Journal

WALLINGFORD — Residents enjoyed sun, free food, and a bit of knowledge at the Wallingford Community Health Alliance's first annual Community Day, held Saturday afternoon at Community Lake.

In addition to the kayak rides and entertainment, town social service agencies were on hand as part of Director of Health Stephen Civitelli's efforts to bring the soon to be published Wallingford Health Improvement Plan to life.

"All of the members of our plan are here today," Civitelli said.

The town health department, police, youth and social services department, and housing authority attended, in addition to Literacy Volunteers of Greater New Haven, Spanish Community of Wallingford, Master's Manse, Quinnipiac River Linear Trail of Wallingford, and the Coalition for a Better Wallingford, among others.

"The idea is not to start something new but to bring to light something that already existed," Civitelli said.

The Wallingford Health Improvement Plan will be posted on the town's website next week.

Using data provided by the state Department of Public Health, the Community Health Alliance crafted a plan that hopes to tackle some of the community's more urgent needs.

The plan focuses on asthma, fall preven-



Booths for the Spanish Community of Wallingford, left, and The Coalition for a Better Wallingford set up for Community Day at Community Lake in Wallingford on Saturday.

Steven Scarpa, special to the Record-Journal

tion, and lead poisoning prevention. Improvements to behavioral health, including substance abuse prevention and dealing with teen dating violence are on the group's agenda. They also plan to encourage healthy lifestyles by battling obesity and chronic obstructive pulmonary disease.

"The plan is based on what the needs of the community are at a given time. We are free to manipulate that," Civitelli said.

For example, in 2018 the town's health de-

partment was concerned about the risks of vaping. With the Community Health Alliance's help, the Town Council raised the legal vaping age to 21 this year.

For 2019, vaping continues to be a priority, Civitelli said. However, suicide prevention is also in the forefront of the town's public health efforts.

To that end Alexis Steele, town's health educator, has been certified in QPR Gatekeep-

Community Day

From A1

er instruction. QPR stands for question, persuade, and refer and is a methodology designed to help people who are at risk of harming themselves.

"It's a great tactic to get everyone trained in telling you what to do if someone expresses suicidal ideation," Steele said.

Steele will offer what she's learned free of charge to any local civic organization. The Coalition for a Better Wallingford, the town health department, and Choate Rosemary Hall have already taken up Steele's offer and she anticipates that there will be more in the future.

Ken Welch, president of The Coalition for a Better Wallingford, is pleased to see the interaction that the health improvement plan presents. His organization plans to work on early childhood education and drug abuse in town, something he sees as an immediate crisis.

"We are trying to get collaboration in town," Welch said.

The alliance's next meeting will be in January 2020. At that meeting the group plans to re-evaluate their progress and perhaps seek additional member organizations. "We may try to target certain entities," Civitelli said.



People go for a kayak ride at Community Lake in Wallingford on Saturday. Residents enjoyed sun, free food, and a bit of knowledge at the Wallingford Community Health Alliance's first annual Community Day event.

Photos by Steven Scarpa, special to the Record-Journal

Event will allow children to talk to Santa via ham radio



Ivan Yocco, assistant radio officer, for the Wallingford Amateur Radio Group, monitors emergency squelches on Sept. 27, 2017. The group is preparing a "Radio North Pole - Talk to Santa" event for children on Saturday. Steve Scarpa, Record-Journal file photo



Chloe Freeman, 8, sits with Santa Saturday during Seasons of Celebration at the Town Hall in Wallingford on Dec. 2, 2017. File photo, Record-Journal

By Justice Roman
Record-Journal staff

WALLINGFORD — Children of all ages will have the opportunity to talk to Santa Saturday at the "Radio to North Pole -- Talk to Santa" event, scheduled to be held at the Greater Yalowville Innhouse.

The "Talk to Santa" event will be hosted by the Wallingford Amateur Radio Group and sponsored by the Wallingford Health Department, Youth and Social Services, and Master's Manse food pantry. The Saturday event will run from 10 a.m. until 2 p.m. Representatives from Master's Manse will be present to collect non-perishable food items from attendees that wish to donate.

Deputy Director of Emergency Management Len Giacica said the event is a joint effort by the Wallingford Amateur Radio Group, a team of ham operators, fire crews, emergency services and the town's maintenance team.

"It's more about getting a good service for children and local donations for Master's Manse," Giacica said.

The former Yalowville Innhouse, located at 143 High Hill Road, will have a ham radio system set up in a trailer for children to talk to Santa. The idea came from an event done by a similar radio group in Milford. Giacica said it will be a "family fun event" which

See Santa, C5

Santa

From C1

will feature a "touch a truck" fire truck, a craft-making area, snacks and hot chocolate.

Each person participating will register and receive a ticket number. Children will have ac-

cess to the radio room and see how it works. In the general reception area, snacks and activities will be provided while children wait for their number to be called. A radio trailer will be used to allow them to have a one-on-one conversation with Santa. Afterward, children will get a certificate saying that they spoke with Santa.

Wallingford Health Director Stephen Civitelli said guests will learn more about the emergency response team and other departments while engaging in the holiday activity.

"It gives us an opportunity to let people know what services we offer," Civitelli said.

jroman@record-journal.com

Flyers & Educational Material

