



WALLINGFORD HEALTH DEPARTMENT ANNUAL REPORT

This document will be used to track all programming and activities for the Health Department throughout the year of 2018. This document will also serve to inform the public as to the array of programming available by our department.

*Stephen A. Civtelli, R.S. MPH
Director of Health*

Activities &
programming
through the
year of 2018



Town of Wallingford, Health Department
45 South Main St.
Wallingford CT 06492

Stephen A. Civitelli, RS, MPH
Director of Health

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2018 Annual Report, Wallingford Health Department

Narrative

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 “Kindness Rocks” project where participants painted positive messages on the rocks provided and were placed in front of town hall for display. The CT DPH emphasizes a collaborative approach to achieve a healthy community and the Healthy Wallingford community initiative 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 a Center for Disease Control (CDC) recognized Mass Dispensing Area (MDA 23), one of 43 MDA's state-wide. The goal of an MDA 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, hosted Work Camp Mission Group. The Work Camp utilized the towns sheltering plan and resided at Sheehan High School from July 7-14, 2018. 53 town residents benefited from the repairs and assistance on their property that Work Camp provided. The Health Department utilized this opportunity to conduct both a full scale POD operation and a weeklong shelter operation to great success.

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

Putting the 10 Essential Public Health Services in Daily Context:

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 contracted to obtain community health data to utilize for future outreach and education.

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

Example: Public health nuisance complaint investigation program (detailed in the Environmental Services section): 223 complaints investigated in CY 2018 (10% increase over CY 2017) 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.
- Local Public Health Emergency Preparedness (PHEP) such as coordinating with the Town Emergency Management for Local Emergency Response Plan based on the FEMA guidelines and Emergency Support Functions (ESF's); developing response plans for isolation and quarantine (Ebola, H1N1, Anthrax, EID)

- Lead CT MDA-23 and Medical Countermeasures (MCM). Director of Wallingford Medical Reserve Corp (MRC) 145 citizen volunteers (reflects an 13% increase from 2018 due to enhanced recruitment and outreach of non-medical and medical citizen volunteers).
 - o Maintain volunteer database and provide quarterly training; establish a Local Health Alert Network 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, MERSA, 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 exposure in 2018 resulting in in-home risk assessments and parental education; conducted community outreach on various health topics and provide printed material and consultation

- 106 individuals completed CPR/AED certification; 51 residents attended Active Shooter Training; 61 local food service employees completed in-house Qualified Food Operator (QFO) certification presented in English and Spanish

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, Masonic Ashlar Village, Wallingford Adult Education, YMCA and Healthy Living Initiatives, BOE, site host for undergraduate and graduate students).

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. The FDA Food Code adoption this past legislative session will have an impact on the town's local ordinance Chapter 122 for Food Service Establishments and will have to be modified to meet the new regulations. A local ordinance raising the age to purchase tobacco and electronic smoking products from the current 18 years old to 21 years of age is being explored.

- Public Health Advocacy to state, town leadership, general public; member of CT Environmental Health Association (CEHA) and the Connecticut Association of Director 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 Full Scale Points of Dispensing (POD) exercise on July 10, 2018 in coordination with the Wallingford Police Department, Wallingford Fire Department, Emergency Management and the Board of Education.

7. Link people to needed health services

Examples: Promote community based health services such as the medical home concept with Community Health Center 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); 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 as a Registered Sanitarian by the State of Connecticut DPH; additional staff member certified in Phase II Subsurface Sewage and 1 staff member certified by CT DPH as a Food Inspection Training Officer (FITO).

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, 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, employee health and safety presentations)

- Work with the State's Attorney Office, Housing Prosecutor, for an integrated response to hoarding.
- Data collection utilizing DataHaven services to create programming specific to the town of Wallingford's needs.

Looking Forward for 2019:

Our overall goal is to continue to maintain the quality and efficient delivery of all the required services as listed. More specifically we will continue in our efforts to collaborate with community partners in the Healthy Wallingford concept, 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. Areas of focus moving forward will be initiatives embedded within the Wallingford Health Improvement Plan (WHIP) specifically, behavioral health, healthy lifestyles, and healthy housing. This will be achieved through continued lead risk assessments, enhanced code compliance, Fit-to-go program, Matter of Balance training and the Eat Play Unplug Initiative.

Continued recruitment of volunteers for the local MRC unit 2460 (13% increase in 2018) for public health emergency response. A programming calendar for the year is in process of being drafted with quality community driven topics to continue to build resiliency and participation within the community. Examples of scheduled trainings for 2019 are Mental Health First Aid, Narcan response, Active Shooter, and Until Help Arrives trainings which serves as a recruitment tool as well as strengthening our community resiliency.

Food safety continues to be a core public health concern as larger facilities with more complex food handling continues to expand within our town. Stephen Civitelli, RS, MPH, Director of Health continues to serve on the CT DPH Food Safety Advisory Task Force to review and recommend changes during the transition and implementation from the PHC Food Regulations to the FDA Food Code. Stephen was recently certified by CT DPH to be a Food Inspection Training Officer (FITO) which is required to conduct internal audits as set forth in Standard 4 of the FDA model Foodcode Program Standards.



Public Health
Prevent. Promote. Protect.

ENVIRONMENTAL HEALTH ACTIVITIES

This document will be used to track Environmental Health activities for the Health Department throughout the year of 2018. This document will also serve to inform the public as to the array of programming available by our department.

Activities
through the
year of 2018

2018 Environmental Totals

Environmental Inspection Activities: Number of inspections is determined by type of facility

The chart includes current CY and historical comparison.

Type of Activity	Calendar Year	2001	2013	2018
1. Food Establishments		186	270	279
Number of Facility Inspections		366	701	928
2. Temporary Food Events		13	92	52
3. Public Swimming Pool Inspections (23 Pools)		3	49	45
4. Daycare Inspections		39	11	17
5. Public Health Nuisance Complaints		142	185	223
6. Well Permits Issued		42	6	10
7. Soil Testing		23	20	5
8. Septic Permits Issued		27	15	25
9. Septic Building Addition Reviews*		0	21	11
10. Tick Submissions		13	7	24
11. Salons/Tattoo Establishments		0	70	93
Number of Facility Inspections		0	68	129

* CT PHC Regulation implemented in 2002

Revenue (2018 CY)

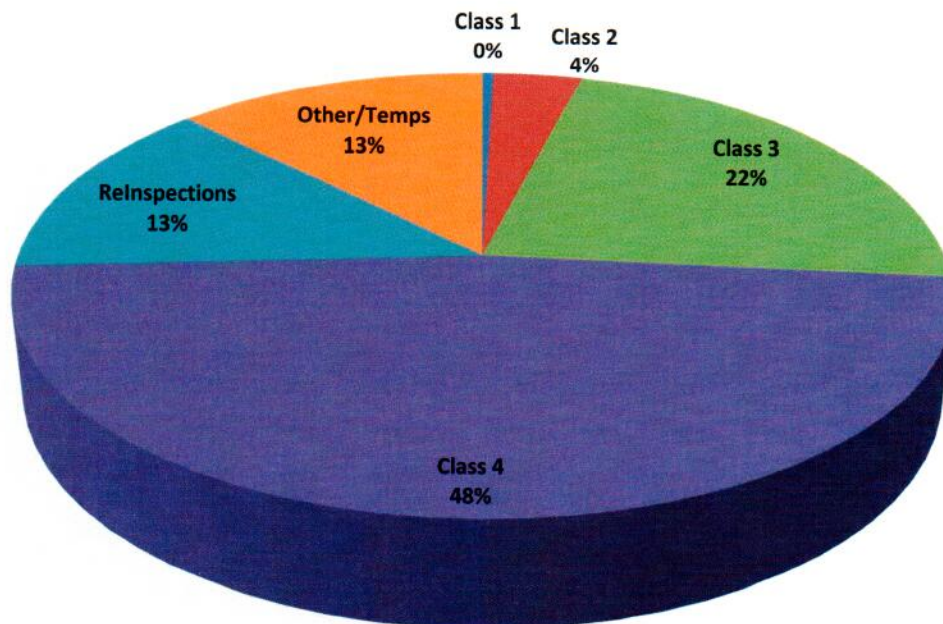
Food Permits	\$2,720	\$20,180	\$22,480
Salon Permits	\$0	\$3,550	\$6,850
Septic	\$230	\$800	\$1,000
Well	\$42	\$150	\$475
Soil Testing	\$41.98	\$150	\$100
Misc	\$0	\$19	\$131.50
Totals	\$3,033.98	\$24,849	\$31,036.50

<u>Food Inspections</u>	
Class 1 (37)	4
Class 2 (31)	34
Class 3 (88)	206
Class 4 (123)	443
Reinspections	122
Other/Temps (52)	119
Totals	928

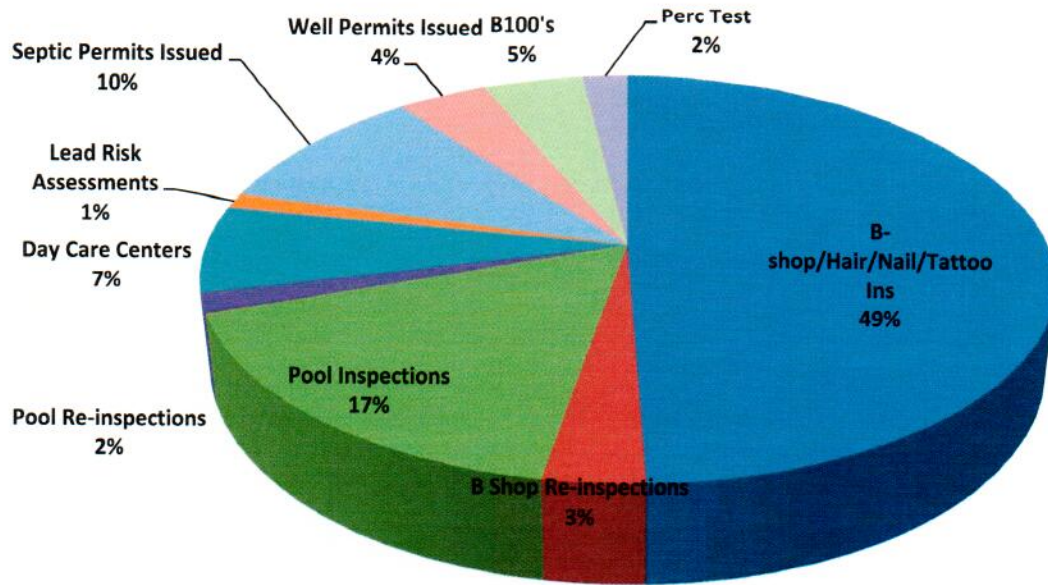
<u>Other Inspections</u>	
B-shop/Hair/Nail/Tattoo Ins (93)	121
Re-inspections	8
Pool Inspections (23)	41
Re-inspections	4
Day Care Centers (34)	17
Lead Risk Assessments	13
Septic Permits Issued	25
Well Permits Issued	10
Septic Building Addition Reviews	11
Perc Test	5
Totals	245

<u>Nuisance Complaints</u>	
Garbage/Bulky Waste	56
Food Service	31
Barbershop/Hair/Nail	6
Lead	19
Odor	8
Dog Feces	3
Bed Bugs/Mold	6
Sewage	8
Stagnant Water	6
Pool	3
Rodents	11
Other	42
Tick Submissions	24
Totals	223
Health Code Violations Issued "Order to Comply"	23

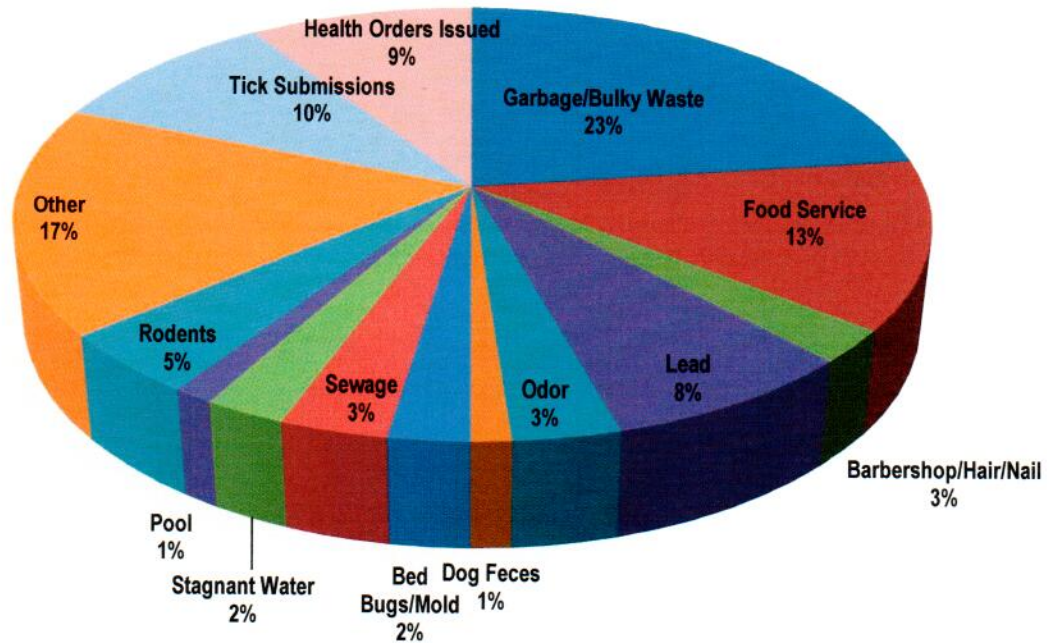
Food Service Inspections

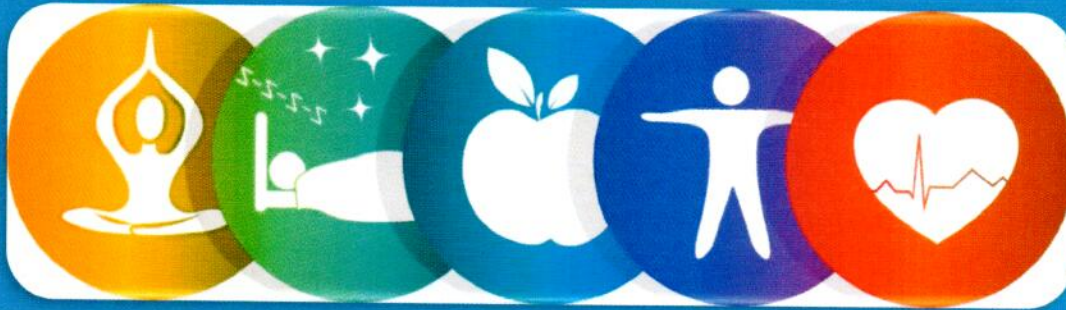


Other Environmental Inspections



Nuisance Complaints





HEALTH & WELLNESS

This document will be used to track Health and Wellness programming for the Health Department throughout the year of 2018. This document will also serve to inform the public as to the array of programming available by our department, where and when.

*Alexis Steele, CHES, BSc.
Health Educator & MRC Coordinator*

Programming
through the
year of 2018

Lead Risk Assessments	Residents Home			Appointment Required	1	Ongoing
Fall Risk Assessments	Residents Home			Appointment Required	14	Ongoing
Early Childhood Education Fair	Wallingford Public Library	Saturday	1/27/2018	9:30 AM – 12:30 AM	50+	Booth hosted by Public Health Nurse and Health Educator
Health Update for Government TV	Government TV Studio: 6 Fairfield Blvd., Wallingford CT	Tuesday	1/30/2018	4:30 – 5:00 PM	50+	Interview of Health Director & Health Educator
Public Flu Clinic	Wallingford Public Library	Monday	2/12/2018	5:00 – 7:00 PM	52	In conjunction with East Shore District Health Department
Town Hall Employee Blood Pressure Check	Second floor of Town Hall	Wednesday	2/14/2018	11:00 AM – 1:00 PM	11	Public Health Nurse, Health Educator and intern recorded blood pressures for employees
YMCA Fit-to-go Presentation on Nutrition	Pond Hill Elementary School	Wednesday	3/14/2018	4:30 – 5:15 PM	12	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	Thursday	3/15/2018	4:30 – 5:15 PM	14	Health Educator presented to YMCA after school program of 3 rd & 4 th graders
National Walking Day	Met in front of Town Hall	Wednesday	4/4/2018	12:00 PM	3	Walking day with 1 resident and 2 town hall employees down to Dutton Park and back
Career Fair for careers in Public Health	Sheehan High School	Tuesday	4/24/2018	9:00 – 11:45 AM	50+	Health Educator hosted a booth and spoke to many students about Public Health
Emergency Preparedness presentation for High School Students	Sheehan High School	Thursday	5/3/2018	12:30 – 1:30 PM	30+	Presentation to CNA students about Health Dept. & emergency preparedness
CPR for Senior Center Staff	Wallingford Senior Center	Monday	5/14/2018	1:30 – 3:30 PM	11	Health Educator certified senior center staff in CPR/AED skills
Masonicare Family Fun Day	Masonicare: 22 Masonic Ave., Wallingford, CT	Saturday	6/9/2018	10:00 AM – 12:00 PM	50+	The Shriners hosted this annual event. Health Educator and intern had a booth where kindness rocks were painted
Food Bank Health Fair	CT Food Bank: 2 Research Parkway, Wallingford, CT	Friday	6/9/2018	12:00 – 2:00 PM	50+	Food Bank employee health fair. Health Educator presented info on sun safety

Implementation of SolAware Device	Wallingford Public Pool	Thursday	7/12/2018	4:00 PM	N/A	Health education device that provided sunscreen to the residents
Senior Center Rock Painting – for kindness rocks project	Memory Lane Room – Wallingford Senior Center	Tuesday	8/28/2018	12:30 – 1:30 PM	15	Health Educator prepped rocks with “Memory Lane” attendants for Celebrate Wallingford event
Matter of Balance Classes	Creative Arts Room – Wallingford Senior Center	Wednesday	9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14	10:00 AM – 12:00 PM	13	Class ran over the course of 8 weeks. 10 residents graduated by attending 5+ classes.
Celebrate Wallingford – Choose Kindness Rock Decoration	Front of Town Hall: 45 South Main St, Wallingford, CT	Saturday, Sunday	10/6/2018, 10/7/2018	11:00 AM – 4:00 PM	500 + rocks	“Choose Kindness” initiative came into fruition for this special event. Residents of all ages decorated a rock with kind words/pictures to set in front of Town Hall.
Panelist at SCSU promoting Public Health	Southern CT State University: 501 Crescent Street, New Haven, CT	Monday	11/12/2018	11:00 AM – 1:00 PM	45 students	Health Educator spoke to the students of an undergraduate Public Health class.
YMCA Fit-to-go Presentation on Portion Control	Pond Hill Elementary School	Tuesday	11/13/2018	4:15 – 5:00 PM	8	Health Educator presented to YMCA after school program of 3 rd & 4 th graders
YMCA Fit-to-go Presentation on Portion Control	Mary G. Fritz Elementary School	Wednesday	11/14/2018	4:15 – 5:00 PM	12	Health Educator presented to YMCA after school program of 3 rd & 4 th graders
Presentation of Lead/Mold/Radon at SCOW	284 Washington Street, Wallingford, CT	Friday	11/30/2018	1:00 – 2:00 PM	15	Health Educator presented to mothers of SCOW about in-home hazards
Promotion of Health Department Services at East Side YMCA	81 South Elm Street, Wallingford, CT	Tuesday	12/11/2018	12:00 AM – 2:00 PM	20+	Health Educator was present for the YMCA’s “12 days of Member Appreciation” handing out items & promoting Health Department Services
Promotion of Health Department Services at West Side YMCA	8 North Turnpike Road Wallingford, CT 06492	Friday	12/14/2018	11:00 AM – 1:00 PM	20+	Health Educator was present for the YMCA’s “12 days of Member Appreciation” handing out items & promoting Health Department Services

Narrative:

2018'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 to collaborate on providing different programming which would address the following focus areas.

Focus Area #1 of the WHIP is Healthy Housing. The Health Educator delivered a presentation to Spanish mothers at the Spanish Community of Wallingford (SCOW) on the topics of lead, mold and radon in the home. This presentation provided an opportunity to educate an underserved subpopulation in the Wallingford community about Healthy Housing. Another facet in Healthy Housing is Fall Prevention. The Public Health Nurse and Health Educator were recently certified as master trainers to teach "A Matter of Balance" courses. These courses were offered with great response by the participants at the Wallingford Senior Center. This was an 8-week course intended to change the attitudes and behaviors surrounding falls. It taught the attendees how to prevent falls, how to be assertive, and the best way to get up from the floor if they do suffer a fall. 10 participants completed from this impactful course addressing Fall Prevention. This course will be offered again in April of 2019.

Focus Area #2 of the WHIP is Behavioral Health. The Health Department addressed this focus area by attending public health related events in the community. Interacting with the community gives the department a comprehensive view of the community's behavioral health needs. The biannual Town Hall employee Health Fair was held in October of 2018. 18 vendors attended the health fair to highlight services available in the community. The Medical Reserve Corps (MRC) also provided a Mental Health First Aid course that educated residents on the risks and treatments of mental health disorders.

Focus Area #3 of the WHIP is Healthy Lifestyles and Active Living. The Walking Day event hosted by the Health Department is a great tool to engage the community in active living. The Fit-to-go presentations offered by the Health Educator was presented to two groups of fourth-graders. The topics covered in the presentation were the importance of a Healthy Breakfast, which applies to healthy lifestyles. The Public Health nurse administered blood glucose screenings and blood pressure screenings throughout the year primarily 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. The 2018 Wallingford Healthy Dining Guide was created with the assistance of an intern from Southern Connecticut State University, Vanessa Hamilton. She surveyed 200 restaurants in

Wallingford to assess their menu options to determine if they reached the criteria created by the department. Based on responses the 16 Food service establishments were part of the dining guide which was made available to residents at various locations in town.

Focus Area #4 of the WHIP is the Eat Play Unplug Initiative. Within the Eat Play Unplug initiative, the "Choose Kindness" focus was born. Kindness has become a catch-all for the values of the Eat Play Unplug initiative. One of the projects for 2018 was the "Choose Kindness" rocks garden. The Health Department ordered 500+ rocks, and began painting and prepping for use at Celebrate Wallingford. The memory lane program participants at the Senior Center assisted the department in preparing the rocks for the event. During the weekend of Celebrate Wallingford, all of the rocks were decorated with kind messages and drawings by residents of all ages. The decorated "Choose Kindness" rocks were then placed in front of the Town Hall to represent the true spirit of kindness and community spirit that Wallingford shares.

WALLINGFORD HEALTH DEPARTMENT QUARTERLY NEWSLETTER

"Bringing you important food safety updates and information" February 2018

Director: Robert M. Hill
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Food Safety Officer: Robert M. Hill
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"FOOD FOR THOUGHT"

Qualified Food Operator/Certified Food Protection Manager

As of July 1, 2018 the implementation of the FDA Food Code will recognize the expiration dates for the Qualified Food Operator/Certified Food Protection Manager personal certification. Individuals will be required to make the course and pass the exam with a new 1 year expiration time period. The Health Department will be holding our next class on April 23, 2018 for the instructional portion of the course and on April 30, 2018 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 slots are available and \$8.00/seat to 25 persons.



Ill Food Worker

A major risk factor for foodborne illness transmission is contamination by an ill food worker. A food worker who (has, been, or is) infected with the Norovirus has the potential to shed millions of virus particles throughout the food service facility. However, it only takes 10-100 virus particles for a person to become ill. For this reason, all foodservice facilities are required to have an Ill Food Worker Policy in place to address if an employee calls out sick with undiagnosed vomiting or diarrhea. These individuals should be kept away from working with food for 24 hours after the last occurrence of vomiting or diarrhea. The policy should also require the employee to notify management or the Qualified Food Operator (QFO) when they are sick. The local Director of Health (401.892.26.2200) when a food worker has become ill with vomiting or diarrhea. Food workers experiencing a runny nose, watery eyes, or unexplained sores should also not be working with food. As always, ensure that all employees are utilizing the proper handwashing technique, washing hands with soap and warm water for a minimum of 20 seconds and properly using an approved drying method.

Defrosting Food Product

When defrosting food items that are considered potentially hazardous (poultry or red meat, cheese, eggs, fish, shellfish, milk, cooked vegetables, cut melons, etc.) it is important that these foods are defrosted correctly to prevent an environment for bacteria to multiply. Food being stored in stagnant water stored on preparation tables, or in sink at room temperature, is not the correct method for thawing frozen food. Defrosting potentially hazardous foods is required to be done in one of the following ways:

- Thaw under cool running water 70°F or less
- Thaw as part of the cooking process
- At refrigeration temperatures less than or equal to 41°F

Labeling of Food Items

As of July 1, 2018 the implementation of the FDA Food Code will require prepared food stored outside the original container to be labeled with an expiration date or a discard date. During preparation food items will be evaluated to ensure the food is not past its use past the expiration date. If the discard date labeling method is utilized, food product shall be discarded on the discard date. The food container is labeled.



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Wallingford MRC Newsletter

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Public Health Officer: Robert M. Hill
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Food Safety Officer: Robert M. Hill
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Greetings MRC Members!

The Wallingford Health Department is pleased to introduce Kaelyn Audette as the new MRC coordinator.



Kaelyn has been a MRC member since May 2016. She just recently graduated from Southern Connecticut State University with a bachelors degree in Public Health with a minor in Psychology. Kaelyn looks forward to continue working with all of the MRC members.

Please feel free to email Kaelyn at any time if you have any training ideas, questions, or concerns. She would be happy to meet with any current or potential members.

During this flu season, the health department held three flu clinics in regards to the outbreak. We vaccinated over 100 members of our community.



Flu Prevention Tips

- Get vaccinated
- Avoid close contact with people who are sick
- Stay home when you are sick
- Wash your hands

Founding member Kaelyn Audette, MRC coordinator, and others at a flu clinic. All participants were vaccinated.

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

Wallingford MRC Newsletter

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Public Health Officer: Robert M. Hill
Public Health Officer
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Food Safety Officer: Robert M. Hill
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Greetings MRC Members!

Happy Fall to everyone! We are excited to welcome new MRC members from our neighbors, Cheshire, Hampton, Health District, Windley Hill, Amersfield, South Hill, Swan, Lonsdale, Watrous, North Hill, Kent, Glenbrook, Deerfield, Snake Prairie, and Julia Burdette!

Thank you so much to all who made the 2018 PDG exercise an enormous success!



The full scale Physical Demand Game (PDG) exercise is carried out in conjunction with the week long Ready, Set, Go! event at the town hall. With the help of our wonderful MRC volunteers, we successfully conducted a mock scenario. In addition to the PDG, both scenarios went smoothly, and were well attended by MRC volunteers—again, many thanks to all who participated!



Supervisor of Wallingford, Mark, Dr. Amos, at the PDG exercise with MRC volunteers.

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

TRAINING

- First Aid Certifications:**
- September 4, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT
 - September 11, 2018 from 6pm – 8pm
286 Chase Avenue, Shelton CT
- CFR/AED Certification:**
- September 18, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT
- Stop the Bleed Training:**
- September 25, 2018 from 2pm – 4pm
143 Hope Hill Road, Wallingford CT
- Radiation Professional Volunteer Program:**
- Little session from CT DPH
- October 4, 2018 6pm – 7pm**
- 143 Hope Hill Road, Wallingford CT
- Family Assistance Centers (FAC) Training:**
- October 18, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT
- Unit/Help Arrives Training:**
- November 1, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT
- Action Shooter Training:**
- November 8, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT
- CFR/AED Certification:**
- November 22, 2018 from 6pm – 8pm
143 Hope Hill Road, Wallingford CT

Registration: Call the office at the number below, or email: MRC.Coordinator@wallingford.gov

Every quarter we conduct a call-down report through MailChimp Emails or Everbridge. This is to ensure that we can communicate with you if we need you during an emergency. Please confirm that you receive the messages as our response numbers were low this quarter – only 47.2% opened the message. We know you care, and we know you're out there – please let us know you received our call-down by hitting reply!



All members are reminded of the need to complete the Title 29 Card biennially; this provides additional liability protection beyond the Good Samaritan Law. In addition, card training requirements include MRC 101 (overview of MRC), FEMA ICS 100, CPR and First Aid.

Also, if you have a copy of your FEMA ICS 100, CPR or First Aid that was not completed through the Wallingford MRC, please forward it so we may update your training records. As well as any updated training licenses.



If you have not yet registered for our upcoming trainings "Unit Help Arrives" Tuesday September 26, from 6pm-8pm and "Active Shooter" Thursday September 28, from 6pm-8pm at the Wallingford Public Library, please call the office at (203) 294-2065 to register.

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

TRAIN Connecticut

The best way to prepare for the unexpected is to attend our trainings. If you would like to bring your emergency preparedness knowledge to the next level, CT TRAIN offers a variety of free preparedness trainings. Email: MRC.Coordinator@wallingford.gov for a list of available courses and instructions on how to sign-up.

As always, if you know any family members, friends or coworkers who are interested in becoming an MRC volunteer, we would be happy to welcome them to the team as well! We have to be prepared to help ourselves if a disaster strikes, the first responder is always a local response. All trainings are free to MRC volunteers.



On behalf of the Town of Wallingford, thank you in advance for your continued support. We look forward to seeing you at upcoming training events!

calling all
Vendors



**Wallingford
Employee and Family**



**THURSDAY OCTOBER 25, 2018
TOWN HALL, 45 S. MAIN ST. 3RD FLOOR
11:30AM-1:30PM**

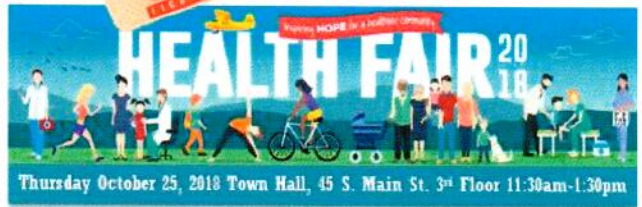
We ask that vendors have a demonstration and bring a prize to be raffled.



If you would like to participate in our Health Fair, please contact Mexis at (203) 294-2065 or email at healthed@wallingfordct.gov



**Wallingford
Employee and Family
Clinic &**



Thursday October 25, 2018 Town Hall, 45 S. Main St. 3rd Floor 11:30am-1:30pm



Questions or Concerns?

Reps from Emergency Management, EAP, Hartford Healthcare, Anthem, and more...



Get your Flu Shot!

Call to Register: 203-294-2065



**Wallingford Health Department Presents:
Public Flu Clinic**



**Get Your
Flu Shots**
**WHEN:
Saturday October 13, 2018
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.



When: November 5 – December 7
What: Non-perishable foods
**Where: Wallingford Health Department
45 S. Main St. Room 215
9am – 5pm (203) 294-2065**

*****All donations will be given to Master's Manna*****



The Coalition
 136 Center Street
 Wallingford, CT 06492
 coalition@gmail.com

In collaboration with The Wallingford Police Department &
 The Wallingford Health Department, the Coalition will be hosting a

VAPE BUY BACK DAY



When: Saturday, November 10, 2018

Where: The Coalition Office, 136 Center Street, Wallingford, CT 06492

Collection time: 9 am - 10 am

Buy back schedule:

Up to 3 items per family!

Current generation vaporizer (JUUL or equivalent)..... \$10/each
 Earlier generation vaporizer..... \$5/each
 All pods.....\$2/each

The Coalition will fund the event up to \$1,200 worth of paraphernalia/product.

ALL ITEMS WILL BE DESTROYED & DISPOSED OF PROPERLY.

Our Mission is to: "Raise awareness and reduce substance use among youth to foster healthy, caring, responsible, citizens by engaging Wallingford's community resources."

Community Forum: Electronic Cigarettes

- The United States FDA has declared that use of E-cigarettes by youth (vaping, Juuling) has become a national epidemic.
- E-cigarette products contain nicotine levels which are significantly higher than cigarettes & are being used by an ever changing number of youth.
- The use of these products by youth in Wallingford is increasing at an alarming rate...

Please join us to learn more about these products & how to prevent harm to our youth by this extremely harmful habit. For more info, call: (203)294-2175

When: Monday: October 15, 2018

Where: Wallingford Senior Center

Who: Yale University School of Medicine. The Yale School of Medicine is the only national research center studying adolescent use of E-cigarettes.

Sponsored by: Mayor's Council on Substance Abuse Prevention, Wallingford Health Department, Wallingford Youth and Social Services, and Coalition for a Better Wallingford.



FACTS:

- ILLEGAL to purchase or possess for anyone under 18 in the State of Connecticut
- Flavors geared toward attracting young individuals
- Use not permitted on School Property
- E-Cigarettes and other vaping devices are not FDA approved
- Using e-cigarettes and other vaping products is not a proven method for quitting smoking
- NOT RISK FREE**

RISKS:

- Contains nicotine, a highly addictive drug with known health risks
- Nicotine will affect brain function and development in young individuals
- E-Cigarette aerosol is not harmless. It contains harmful & potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, & carcinogens



There is no such thing as healthy smoking.

The Town of Wallingford Health Department: Scope of Services

Environmental Health Services:	Sanitation Inspection Services:	Community Health Services:
<ul style="list-style-type: none"> Private well water & septic system permitting & approval. In-home lead risk assessments. Radon test kits (for your home). Tick testing & identification. Investigation of general nuisance complaints. 	<ul style="list-style-type: none"> Food protection via routine food service compliance inspections. Ensure sanitation of salons, daycares, tattoo and nail facilities. Registration and inspection of public pools. Certified Food Manager Safety Courses. (offered in English and Spanish) 	<ul style="list-style-type: none"> Emergency preparedness via Medical Reserve Corps. Provide health education/outreach to the community. Annual flu clinics. Communicable disease surveillance. Fall risk assessments. Senior center wellness nurse. Healthy Wallingford 2020 & Choose Kindness Initiative. CPR/AED certification. First Aid Training.





45 South Main St. Rm. 210 • Phone: (203) 294-2065 • Fax: (203) 294-2064

WALLINGFORD HEALTH DEPARTMENT ready. set. CODE!

Make sure your food service operation is ready for the FDA food code!



Monday
May 14, 2018
9am and 4pm
At Town Hall In
Council Chambers
45 South Main Street, Wallingford
*each presentation is approximately 45 minutes

FOOD
- FORUM -

Call to Register (203) 294-2065



• FDA Food Code Updates

- Temperature Control
- Labeling
- Inspection Process
- Glove Use / Bare Hand Contact



• Next Certified Food Protection Manager Class



Family Assistance Centers 101

A **Family Assistance Center (FAC)** facilitates access to mental and behavioral health services to the family members, responders, and survivors of a disaster incident.

What is a family assistance center? Why they are set up? Who will staff it? What types of events would require this operation? What are Connecticut's plans for an operation such as this?

Join us to get your questions answered about FAC operations and how to assist families after a large-scale incident.

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

- When** • Thursday, October 18 at 6:00 PM
- Where** • 143 Hope Hill Road, Wallingford, CT
- Who** • Presented by Jessica Stelmaszek, MPH, Director of Health for NVHD and chairperson for the FAC 101 subcommittee.



TICK Fact Sheet

- The most common types of ticks found in Connecticut are the Deer Tick (can transmit Lyme Disease) and Dog Tick.
- There is a variety of tick-borne diseases.
- Most tick bites do not transmit harmful microbes.
- There is a wide range of symptoms that usually develop days to weeks after the tick bite. The symptoms depend on the particular microbe that is transmitted.
- There are safe and effective methods for the removal of ticks.



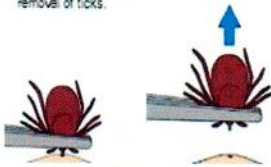
How to prevent tick bites

- Use insect repellent on clothes and skin that contains 20-30% DEET.
- Tick your pant legs into your socks and your shirt into your pants when walking in wood, brush, or tall grass.
- Look for ticks on your body. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Put your clothes in the dryer on high heat for 60 minutes to kill any remaining ticks.



To keep a yard tick-free

- Use landscaping that deters mice, deer, woodchucks and other rodents that carry ticks.
- Remove tick habitat such as leaf piles, shrubs and ground cover near the house.
- Ticks use long grass to attach to hosts. mowing the lawn is an effective way to reduce tick bites.



How to Effectively Remove a Tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Do not twist or jerk the tick; this can cause the mouthparts to break off and remain in the skin. If this happens, remove the mouthparts with tweezers.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol placing it in a sealed bag/container, wrapping it tightly in tape or flushing it down the toilet.
- If you are unsure what type of tick has bitten you, once it is removed, bring it to the Health Department (Town Hall, 45 S. Main St. Room 215), we will send it out for testing.

For more information please contact the Wallingford Health Department at (203) 294-2065



PREPARE TO RESPOND TO AN ACTIVE SHOOTER EVENT

Active Shooter situations are unpredictable and evolve quickly. Join us for a powerful training intended for a mature audience. This course was developed and is presented in cooperation with law enforcement (based on national FEMA and FBI material).

Presented by Captain Homestead & the Wallingford Health Department.

Call: (203)294-2065. Email: MRCcoordinator06492@gmail.com

APRIL 11, 2018, 5:30—7:30

COMMUNITY ROOM AT THE WALLINGFORD PUBLIC LIBRARY



RUN



HIDE



FIGHT



Town of Wallingford
Upcoming Training Opportunities



**YOU ARE THE HELP
UNTIL HELP ARRIVES**

Life-threatening emergencies can happen fast and emergency responders aren't always nearby.

This course teaches basic skills to keep people with life-threatening injuries alive until professional help arrives.

You may be able to save a life by taking simple actions immediately.

You Are the Help Until Help Arrives.

Tuesday, April 3, 2018

6:00 — 8:00 pm

MRC Building:
143 Hope Hill Road
Wallingford, CT



Registration Requested: Call the Wallingford Health Department at (203) 294-2065 or email MRCcoordinator06492@gmail.com

Time to Celebrate Wallingford



By Stephen Knight

In just three short weeks, on October 6 and 7, Wallingford will have its annual of two-day party known as Celebrate Wallingford. This will be the 32nd year of the event, customarily held on the first weekend of October. Many years ago, it started as a one-day event, and I suspect that the reason it was lengthened from a one-day to a two-day event was weather. In the early years, there were a few instances when all that work that went into organizing Celebrate Wallingford was washed away by inclement weather.

Because I am involved with Wallingford's event, the organization that puts Celebrate Wallingford on, I am shamelessly yet enthusiastically going to write about what you can expect this year when you attend. I know very well (mostly from observing other people's efforts, I must admit) how much effort Executive Director Liz Landon, her volunteer staff, sponsors, vendors, Town of Wallingford departments and others put into this festival, so this column is also meant to thank them for their efforts.

It is now always held on North and South Main Streets, rather than alternating with the very unusual the former main station, primarily because that area provides more space. Another reason driving that decision was to eliminate the danger of railroad trains passing through the event. This is even more critical now that there are two tracks and additional CT Rail trains.

But there is an additional benefit to having it at the top of the hill. Thanks in great measure to the efforts of Lt. Anthony DeMain and others at the Wallingford Police Department, the State of Connecticut has given the

town permission to close part of Center Street from North and South White Street to Fair Street. This will allow the event to expand considerably, will eliminate the need to have police directing people when they cross Center Street, and will connect the various activities together in one contiguous area. Because Center Street is a state highway, this was no small accomplishment, and everyone involved with Celebrate is excited about this expansion.

As a result, there will be nearly sixty civic organizations participating, as well as almost fifty businesses. This is a 35 percent increase in the number of organizations that people can visit. Of course, there will also be a dozen or so crafters and artisans with creative handmade items for sale, as well as numerous food vendors that will be lined up in front of the Post Office on South Main Street.

It also allows the event sponsors to be located right in the middle of the event. The Executive Sponsors are again Alton and Ironton, the two chemical companies located at the end of South Cherry Street. Chase Rosemary Hall has once again become the Gold Sponsor. Stop & Shop and Macaroni are the Silver Sponsors, and Midstate Medical, Nucor Iron, and DYE USA are also on-board as Bronze Sponsors.

I mention these organizations specifically because their participation makes this event possible. This is not a Town of Wallingford event. While WCF gets tremendous cooperation from many town departments such as Health, Fire, Police, Electric Division, and especially Public Works, financial support comes from these local establishments, as well as equipment and supply donations from Thurston Foods and White Way Laundry.

As in past years, the Wallingford Community Women, working with the Parks and Recreation Department, Youth & Social Services Department, and the Coalition for a Better Wallingford, will have a Children's Area, divided into 0- and under and 0-14 age groups.

One especially creative activity taking place in this area is being put on by the Wallingford Health Department. Part of its work this year revolves around teaching children to be kind to others, and youngsters will have the chance to put a kindness message on a rock, and the rocks will form a garden in front of Town Hall.

There will be a full slate of live entertainment on the Parade Ground all weekend. Six bands, at least two dance groups, and other local groups will be giving delightful performances. The annual Flatfish YMC A Road Race will be held on Sunday and, for the second year, the finish line will be at Celebrate Wallingford.

I hope this preview leads to you making plans to attend, because the best part of the Celebrate Wallingford festival is the chance for all of us from Wallingford (and surrounding areas, for that matter) to share the experience of this community event. When you come you will inevitably see friends you haven't seen in some time, you will learn a lot about your town and the civic organizations and businesses that make Wallingford thrive, and you will help renew the joyful sense of community that Celebrate Wallingford always brings out. And that is exactly why it's named Celebrate Wallingford. See you there.

Stephen Knight is a former Wallingford town councillor.

Healthy Wallingford 2020!

Walk 4 Health on National Walking Day!



Join the Health Department:

Wednesday, April 4th

Two sessions:

12 PM or 1 PM

Rain date of April 5

Meet in front of Town Hall for a 2 mile walk to Dutton Park!

Prize will be given to the first 50

people who register!

Call (203)294-2065



Family & friends are welcome.
Don't forget to bring sneakers & a water!





Tips for Healthy Dining

The following advice is offered for healthy eating:

- X Stay away from the snack table, specifically the bread, chips, etc.
- X Custom order your meal, ask for changes on how it's prepared.
- X Choose a side salad or other vegetable sides.
- X Always ask for gravies and dressings on the side.
- X Order grilled, broiled, or baked options over fried.
- X Choose water or unsweetened drink options.
- X Skip dessert or split with a friend.
- X Turn the cell phone on silent to enjoy your meal and company.
- X Be mindful, eat slowly and savor each bite.



Public Health
2020 Promotes Progress

Don't use your favorite restaurant on the list! Encourage them to complete the survey for the next edition!

Follow Us On:



Healthy Wallingford 2020



@healthwallingford2020



@HealthyWf2020



Contact Us:

(203) 294-2065



(203) 294-2064

45 South Main Street, Room 215
Wallingford CT, 06492

2018 Healthy Dining Guide Wallingford, CT



The Wallingford Health Department presents:
-- 3rd Edition --
Healthy Dining Guide



Welcome to the 3rd Edition of the Wallingford Healthy Dining Guide



The healthy dining guide has been provided to you as just that, a guide, to make a healthier choice when deciding where to dine out in Wallingford!

In an effort to promote a healthier community, local restaurants were asked to complete a menu review that highlights healthier food choices.

Look for these window decals at local Wallingford restaurants!



Awards

- 1 **Carini's Restaurant**
822 E. Center St
- 2 **Center Street Luncheonette**
18 Center St
- 3 **Colony Diner**
611 N. Colony Rd
- 4 **Gigante's Italian Deli**
117 Church St
- 5 **Gigante's Tio**
817 E. Center St
- 6 **Iron Chef**
930 N. Colony Rd
- 7 **Pure Alchemy**
256 N. Colony Rd
- 8 **Rosa's Deli**
57 N. Colony St
- 9 **Sriraman's Thai and Japanese**
900 N. Colony Rd
- 10 **The Library Wine Bar & Bistro**
60 N. Main St
- 11 **B Muse**
665 N. Colony Rd
- 12 **Carsons Restaurant**
552 N. Colony Rd
- 13 **Gaetano's Tavern on Main**
38-40 N. Main St
- 14 **Hong Kong Restaurant**
822 E. Center St
- 15 **Pluca Azteca**
1088 N. Colony Rd
- 16 **The Eatery**
65 S. Colony Rd
- 17 **Rick's on 5**
765 N. Colony St

Criteria



Restaurants listed in the Dining Guide have voluntarily completed an application.



To be listed in the Guide, the restaurants must meet seventy-five percent of the criteria specified below:

Offer the Following:

- X Whole grain foods
- X At least 4 choices of fresh fruits and/or vegetables.
- X At least 4 entrees prepared using low fat cooking methods.
- X At least 2 lower fat dessert choices.
- X A children's menu that offers at least 2 fresh fruit and/or vegetable choices.
- X Reduced fat milk or fat free milk.

Upon Request, They Provide:

- X Information about recipe ingredients
- X Portion controlled sizes on all meals or half sized portions on regular menu items.
- X The opportunity to have half a meal placed in a take-out box before being served.
- X Milk as an alternative to cream.
- X A substitute for french fries is served as part of an entree.
- X Reduced fat or fat free salad dressings.
- X Gravy, sauce, dressing, butter, etc served on the side.

The Latest Research:

A recent study published in the *Journal of the American Medical Association*, found that Opioids are overprescribed and that for some types of pain, simple non-Opioid alternatives work just as well to control pain.

Scientists investigated whether alternative pain killers could be effective in treating pain in the emergency departments. The group studied more than 400 people (from two emergency rooms in Bronx, New York), for arm or leg strains, sprains or fractures. They were randomly assigned to receive non Opioid pain killers-- a combination of ibuprofen and acetaminophen (Tylenol). After two hours, the doctors asked the people to rate their pain on a 10 point scale.

Scientists did not find much difference between the pain ratings among those who were given the non-Opioid pain relievers and the Opioid based ones. That's a revelation, especially given that other studies have shown that even short term use of Opioids can lead to long term addiction; nearly 19% of people leave an emergency room with an Opioid prescription.

Funding for this pamphlet was provided by:

Wallingford Health Department

Wallingford Mayor's Council on Substance Abuse Prevention

CT Department of Public Health

Visit CBWLFD.ORG for more information

Opioid Prescriptions hold a hidden threat!

YOU have a choice.
Use your VOICE.



More than
40
PEOPLE

die every day from overdoses involving prescription opioids.

Participate with your medical provider in developing the best treatment plan for you and your loved ones.

Opioid pain medications: What are the risks?

Opioid use disorders and overdose

After taking certain opioids, for just a short time, some individuals could become physically dependent and experience withdrawal symptoms. Misusing these medication increases the risk of:

- Addiction
- Overdose
- Death

Common Opioid prescriptions include:

OXYCODONE
HYDROCODONE
OXYCONTIN
HYDROMORPHONE
MEPERIDINE
OXYMORPHONE
MORPHINE

Protect yourself and your loved ones:

As many as 25% of patients receiving opioid prescriptions in primary care settings struggle with opioid use disorder.

- Talk to your doctor about ways to manage your pain without taking opioids.
- Be involved in all aspects of your treatment plan
- Store all medications safely

Managing your pain: Which approach is right for you?

These options may actually work better and have fewer side effects:

- Pain relievers such as Acetaminophen (Tylenol), Ibuprofen and Naproxen
- Physical therapy and exercise
- Massage therapy
- Cognitive Behavioral Therapy
- Acupuncture
- Yoga

A Physician's advice

Dr. Sava Charman Emeritus
Middlesex Hospital Emergency Dept.



Of those Americans who begin using heroin, 80% of them first began taking prescribed Opioid medications, become addicted to them, and then turned to heroin. Prescription Opioid medicines have high risks and should be avoided as much as possible. Opioids are excellent for short term pain control, but people can become addicted to them within weeks.

Avoid Opioids for mild or moderate pain. Use over the counter medication like Tylenol or Advil. Opioids should only be taken for severe pain, and for as few days as possible. When we no longer experience severe pain, we should stop all Opioids. Use over the counter meds as needed and safely dispose of any leftover Opioid pills.

By minimizing use of Opioid pills and safely discarding any leftovers, we decrease the odds of Opioid addiction and reduce the risk of Opioid overdose for ourselves and our loved ones.

What is an Opioid?

Opioids are a family of drugs that have morphine like effects. Their primary use is to relieve pain. Prescription opioids can be used to help relieve moderate to severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious health risk.

"In recent years, there has been a dramatic increase in the use of prescription opioids for the treatment of chronic pain unrelated to cancer."

How are Opioids harmful?

Overdoses from opioids are on the rise and killing Americans of all ages and ages.

Communities across the country are coping with the health, emotional, and economic effects of this epidemic.

From 1999 to 2015, more than 182,000 people died in the United States from overdoses related to prescription opioids. In Wallingford, we have lost over 120 people to overdose deaths since 2001 when the crisis began.

*medical
reserve
corps*



MEDICAL RESERVE CORPS. (MRC)

This document will be used to track Medical Reserve Corps. programming for the Health Department throughout the year of 2018. This document will also serve to inform the public as to the array of programming available by our department, where and when.

*Alexis Steele, CHES, BSc.
Health Educator & MRC Coordinator*

Programming
through the
year of 2018

MRC Trainings and Events from February 2018 – December 2017

Event	Location	Day	Date	Time	Participants	Notes
Active Shooter Response Training	Wallingford Senior Center	Monday	1/29/2018	1:30 – 3:30 PM	7 + 2 staff	Training presented by Police Captain for Senior Center Staff
CPR/AED Certification	143 Hope Hill Rd., Wallingford	Wednesday	2/21/2018	6:00 – 8:00 PM	8 + 2 staff	ASHI materials presented by Health Educator.
Mental Health First Aid Training	143 Hope Hill Rd., Wallingford	Tuesday	3/20/2018	6:00 – 7:30 PM	15 + 2 staff	Presented by David Denino, professor at SCSU.
Active Shooter Training	200 N. Main Street, Wallingford	Tuesday	3/27/2018	5:30 – 7:30 PM	20 + 1 staff	FEMA materials presented by Police Captain Homestead
First Aid Certification	Town Hall, room 315	Wednesday	3/28/2018	6:00 – 8:00 PM	7 + 3 staff	ASHI materials presented by Public Health Nurse
National “Stop the Bleed” Day Training	143 Hope Hill Rd., Wallingford	Saturday	3/31/2018	2:00 – 4:00 PM	25 + 2 staff	Presented by Quinnipiac University medical student.
“Until Help Arrives” Training	143 Hope Hill Rd., Wallingford	Tuesday	4/3/2018	6:00 – 8:00 PM	10 + 2 staff	FEMA materials presented by Health Educator and MRC Coordinator
CPR/AED Certification	143 Hope Hill Rd., Wallingford	Tuesday	4/10/2018	6:00 – 8:00 PM	14 + 2 staff	ASHI materials presented by Health Educator
Active Shooter Response Training	Community Room at Wallingford Library	Wednesday	4/11/2018	5:30 – 7:30 PM	11 + 1 staff	FEMA materials presented by Captain Homestead
Active Shooter School Drill	Moran Middle School, 141 Hope Hill Rd., Wallingford	Monday - Friday	4/16/2018 – 4/20/2018	2:00 – 4:00 PM	9	Drill conducted by Wallingford Police Department

Blood borne Pathogens Training	143 Hope Hill Rd., Wallingford	Tuesday	5/1/2018	6:00 – 8:00 pm	9 + 2 staff	American Heart materials presented by the PCH Nurse
Pet First Aid Training	143 Hope Hill Rd., Wallingford	Wednesday	4/8/2018	6:00 – 8:00 PM	19 + 1 staff	Materials presented by CT SART
POD Run-thru Training	142 Hope Hill Rd., Wallingford, CT	Tuesday	5/22/2018	6:00 – 8:00 PM	9 + 2 staff	Presented by Eloise Hazelwood
POD Walk-thru Training	142 Hope Hill Rd., Wallingford, CT	Tuesday	6/26/2018	12:30 PM	5 + 2 staff	Presented by Eloise Hazelwood
Full-scale POD Exercise	142 Hope Hill Rd., Wallingford, CT	Tuesday	7/10/2018	3:00 – 5:00 PM	14 + 7 staff	POD exercise executed by region 2, MDA 23
First-Aid Certification	143 Hope Hill Rd., Wallingford, CT	Thursday	9/6/2018	6:00 – 8:00 PM	1 + 2 staff	ASHI materials presented by Public Health Nurse
CPR/AED Certification	143 Hope Hill Rd., Wallingford, CT	Tuesday	9/28/2018	6:00 – 8:00 PM	6 + 1 staff	ASHI materials presented by the Health Educator
Stop the Bleed Training	143 Hope Hill Rd., Wallingford, CT	Saturday	9/29/2018	2:00 – 4:00 PM	3 + 2 staff	Presented by Quinnipiac University Med Student
Family Assistance Center (FAC) 101 Training	143 Hope Hill Rd., Wallingford, CT	Thursday	10/18/2018	6:00 – 8:00 PM	3 + 2 staff	Presented by NVHD Director of Health & chair of FAC subcommittee
CPR Training for the Police Force	Masonic Ave., Wallingford, CT	Multiple	10/29/2018 – 11/15/2018	8:00 – 11:00 AM	70 + 4 staff	Staff assisted with training entire WLFD Police Force, using Region 2 Resources.
CPR/ARD Certification Training	143 Hope Hill Rd., Wallingford, CT	Thursday	11/29/2018	6:00 – 8:00 PM	8 + 1 staff	ASHI materials presented by Health Educator

Total Volunteers/Residents Trained:

273

MRC Recruitment and Outreach Events

Event	Location	Day	Date	Time	Notes
Mock Shelter Drill	Sheehan High School	Week- long presence of MRC members & leaders	7/7/2018 – 7/14/2018	3:00 – 8:00 PM	MRC booth present to sign-in/out participants of mock shelter. Promoted MRC.
Celebrate Wallingford	Booth in front of Wallingford Town Hall	Saturday & Sunday	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	Saturday	10/13/2018	9:30 AM – 12:00 PM	MRC nurses were present, administered flu shots.
Town Hall Health Fair	Third Floor, Wallingford Town Hall	Thursday	10/25/2018	10:00 AM –2:00 PM	Health fair hosted by the Wallingford Health Department, MRC nurses administered flu shots.
SCSU Student Presentation	Southern CT State: 501 Crescent St., New Haven, CT	Thursday	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

Narrative:

The above table reflects the efforts of the Wallingford MRC Unit 2460 to enhance the community resiliency of residents through offering a wide variety of trainings. The MRC was present at community events to promote their mission and build our membership base. Our MRC unit grew from 126 members to 145 members from the CY 2017 to CY 2018. This shows a 13% increase in membership for the year of 2018.

In July of 2018, the Health Department conducted a full-scale Points of Dispensing (POD) exercise in conjunction with a week-long mock women's shelter drill, while the Work Camp group was being accommodated at Sheehan High School. These drills presented great opportunities to test the response capabilities of Wallingford and our MRC volunteers. Overall, 19 MRC members came forward to assist with the POD exercise and Shelter Drill. Assistance was rendered from other town agencies most notably the Police Department, Fire Department, Emergency Management and Board of Education.

The following reflect core capabilities that were performed:

1. **Capability #1: Community Preparedness.** The Health Department utilized community partnerships to support preparedness communication and integrated faith-based organizations.
2. **Capability #8: Medical Countermeasures Dispensing.** The Health Department demonstrated the ability to staff/set up the POD site, dispense medical countermeasures to the identified population, and determine if plan/process enhancements can improve efficiency/throughput.
3. **Capability #9: Medical Material Management.** Demonstrate the ability to secure, manage, and distribute MCM inventory.
4. **Capability #15: Volunteer Management.** Demonstrate the ability to credential and deliver just-in-time training to POD staff.

The Wallingford Police Department officers are required to be re-certified in CPR/AED skills. The Health Department staff provided assistance in the certification process of 70 officers and utilized department resources such as CPR manikins and AED trainers. This lead to reduced cost in addition to addressing the preparedness of the professional workforce in Wallingford.