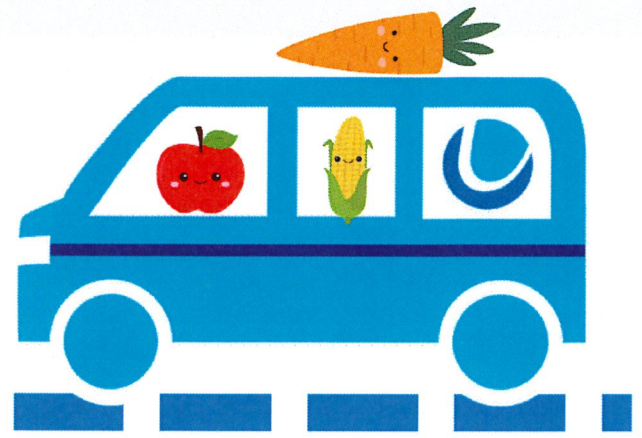


MARCH into BETTER HEALTH

March is National Nutrition Month. It's important to choose the best foods that will fuel your body to live, learn and play. Look inside this issue for tips on how to eat healthy from head to toe.



SPRING is coming March 20th. Check out our puzzle page to put you in the mood for warmer weather!

MARCH 2026

Colorectal Cancer Screening Saves Lives

Colorectal cancer is a highly preventable, treatable, and common cancer, with March designated as it's awareness month. Colorectal cancer doesn't always cause symptoms, especially at first. That is why getting screened regularly is so important.

Sometimes abnormal growths, called polyps, form in the colon or rectum. Over time, some polyps may turn into cancer. Screening tests can find polyps so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early stage, when treatment works best.

Several screening tests can be used to find polyps or colorectal cancer, including some that you can do at home.

If you are 45 years old or older, talk to your doctor about screening. If you think you may be at increased risk for colorectal cancer, speak with your doctor about when to begin screening, which test is right for you, and how often to get tested.

You may be eligible to receive a free diagnostic colonoscopy through the Connecticut Colorectal Cancer Control Program if:

- You are 45 years old or over or,
 - You have no insurance, or insurance with a deductible of \$1,000 or more.
- Contact Connie Capacchione the the Uncas Health District to see if you qualify and sign up for the program. 860-823-1189 ext. 122

-courtesy of the CDC

Uncas Health District serves the communities of Bozrah, Franklin, Griswold, Lebanon, Lisbon, Montville, Norwich, Preston, Salem, Sprague and Voluntown.



**Scan to
learn more**



uncashd.org
860-823-1189

MARCH 2026

Mobile Health Team



For more information, call [860-823-1189](tel:860-823-1189) or scan the QR to visit us at uncashd.org.

Date	Time	Location / Details
Tues, March 3	11:00 AM-12:30 PM	Lebanon Senior Center, Lebanon
Tues, March 3	2:00 -3:00 PM	HARM REDUCTION SERVICES, Veterans Park, Jewett City
Wed, March 4	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Thur, March 5	10:00 – 11:00 AM	Lisbon Senior Center, Lisbon
Fri, March 6	10:00 - 11:00 AM	MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston
Mon, March 9	12:30 - 1:30 PM	Preston Senior Center, Preston
Tues, March 10	11:30 AM - 12:30 PM	Salem Senior Center Mtg. at Gardner Lake Firehouse
Tues, March 10	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, March 11	11:00 AM -1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Wed, March 11	4:00 – 5:00 PM	MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich
Fri, March 13	10:30 AM - 11:30 PM	Bozrah Senior Center, Bozrah
Tue. March 17	10:30 - 11:30 AM	Franklin Senior Center, Franklin
Tue, March 17	2:00 – 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, March 18	10:30 AM – 1:00 PM	St Vincent DePaul Place, 120 Cliff St., Norwich
Thur, March 19	4:00 - 5:00 PM	MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold
Tue, March 24	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, March 25	11:00 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Wed, March 25	1:00 - 2:00 PM	MOBILE FOOD PANTRY at Dodd Stadium, 14 Stott Ave, Norwich
Thu. March 26	12:00 - 1:00 PM	Sprague Senior Center, Sprague

We offer the following services at all of our events:

blood pressure screening, flu vaccination (seasonal), illness prevention, smoking cessation information, harm reduction services, Hepatitis C / HIV screening, syringe services, wound care education, STI prevention, and seasonal health education.



Give Convenience Foods a *healthy* **MAKEOVER**

Packaged foods can be a quick and easy way to get a meal on the table, yet can be high in fat, sodium, and sugar.

TRY THESE TIPS for making boxed, canned, and frozen foods healthier – without adding a lot of extra time or work.

make
healthier *choices*

LOOK FOR WHOLE GRAINS

Eating whole grains gives our bodies fiber and other nutrients that are important for good health and can be missing from refined grains. **Read food labels to help determine if a food is whole grain.** The first ingredient on the ingredient list should contain the word “whole”, such as “whole wheat” or “100% whole grain oats.”

Try recipes that include brown rice, oatmeal, quinoa, bulgur, or wild rice – all of these are whole grains.

REMOVE SOME OF THE SODIUM (SALT)

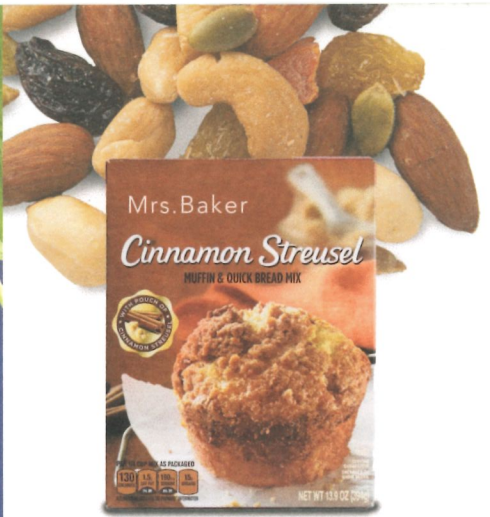
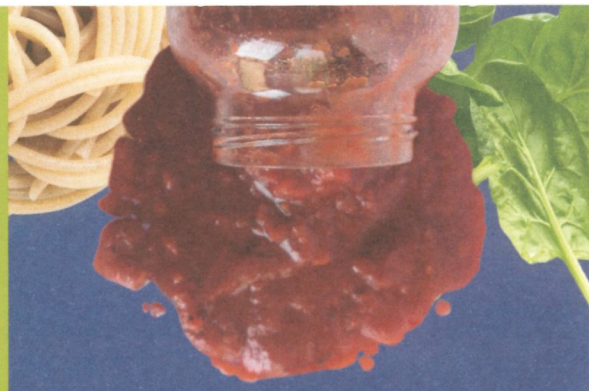
by **draining and rinsing** canned vegetables under running water before using.

POUR OFF AND DRAIN THE GREASE OR MELTED FAT

after cooking ground beef, chicken, or turkey to reduce the fat.

ADD FLAVOR WITHOUT ADDING SALT

Packaged foods can be high in sodium (salt). **Reach for sodium-free flavor-boosters** like a squeeze of lemon or lime, fresh or dried herbs, or spices instead of the salt shaker.



“JUST ADD MEAT” SKILLET MEALS AND BOXED PASTA

- Choose lean ground beef, chicken, or turkey and drain away the fat.
- Add fresh, frozen, or drained canned veggies. Try broccoli, carrots, onions, or peas.

PASTA SAUCE

- Add chopped tomatoes, mushrooms, onions, or spinach and simmer until tender.
- Serve with whole-grain pasta. These noodles have more fiber, which will help you feel fuller longer.
- Use as a sauce for homemade pizzas. Spread over English muffin halves, flour tortillas, or pita bread, top with veggies and cheese, and bake.

MUFFIN MIX

- Swap the butter or oil. If the recipe calls for ½ cup of oil, try one mashed banana or ½ cup of applesauce or canned pumpkin.
- Stir in your favorite dried fruits, grated apple or carrots, and nuts into the batter. Try raisins, chopped apricots, or walnuts.



CANNED SOUP

- Stir in some healthy add-ins to make the meal stretch:
 - + Frozen or leftover cooked vegetables
 - + Canned or cooked beans, chickpeas, or lentils
 - + Cooked brown rice or whole-grain pasta
 - + Leftover cooked meat or chicken cut into bite-size pieces
- Use milk instead of water to add calcium in condensed soups.



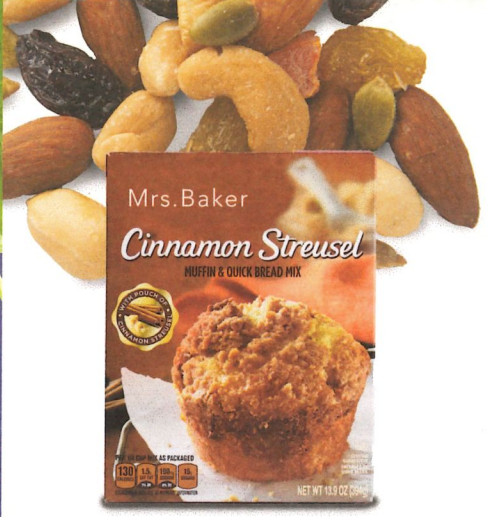
TACO DINNER KITS

- Try substituting two cans of pinto or black beans in place of the ground meat.
- Fill your tacos with veggies. Try chopped tomatoes, diced peppers, and shredded lettuce.
- Use plain yogurt instead of sour cream.

WAFFLE OR PANCAKE MIX

- Add ¼ cup of uncooked rolled oats or quick oats to the batter to help you feel full longer.
- Top with fruit instead of syrup. Try sliced bananas, canned peaches, applesauce, or thawed frozen blueberries.





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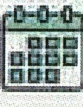




great food

Artisan Crafted
BEEF
STROGANOFF
with creamy cheese
seasoning

ALLERGIES vs. COLD: KNOW THE DIFFERENCE







SEASONAL ALLERGIES



-  • **Triggers:** Pollen (tree, grass, weed), mold spores, dust mites.
-  • **Duration:** Weeks to months, as long as trigger is present.
-  • **Onset:** Sudden, immediately after exposure to trigger.
-  • **Key Symptom:** Intense itching of eyes, nose, & throat.
-  • **Fever:** Never.
-  • **Body Aches:** Rare.

COMMON COLD



-  • **Triggers:** Viruses (over 200 types, e.g., rhinovirus).
-  • **Duration:** 7-10 days, self-limiting.
-  • **Onset:** Gradual, over a few days.
-  • **Key Symptom:** Sore throat, fatigue, mild body aches.
-  • **Fever:** Rare in adults, common in children (low-grade).
-  • **Body Aches:** Common, mild to moderate.

SHARED SYMPTOMS

Sneezing
Runny or Stuffy Nose
Cough (Dry or Productive)
Congestion

Health IQ Hub



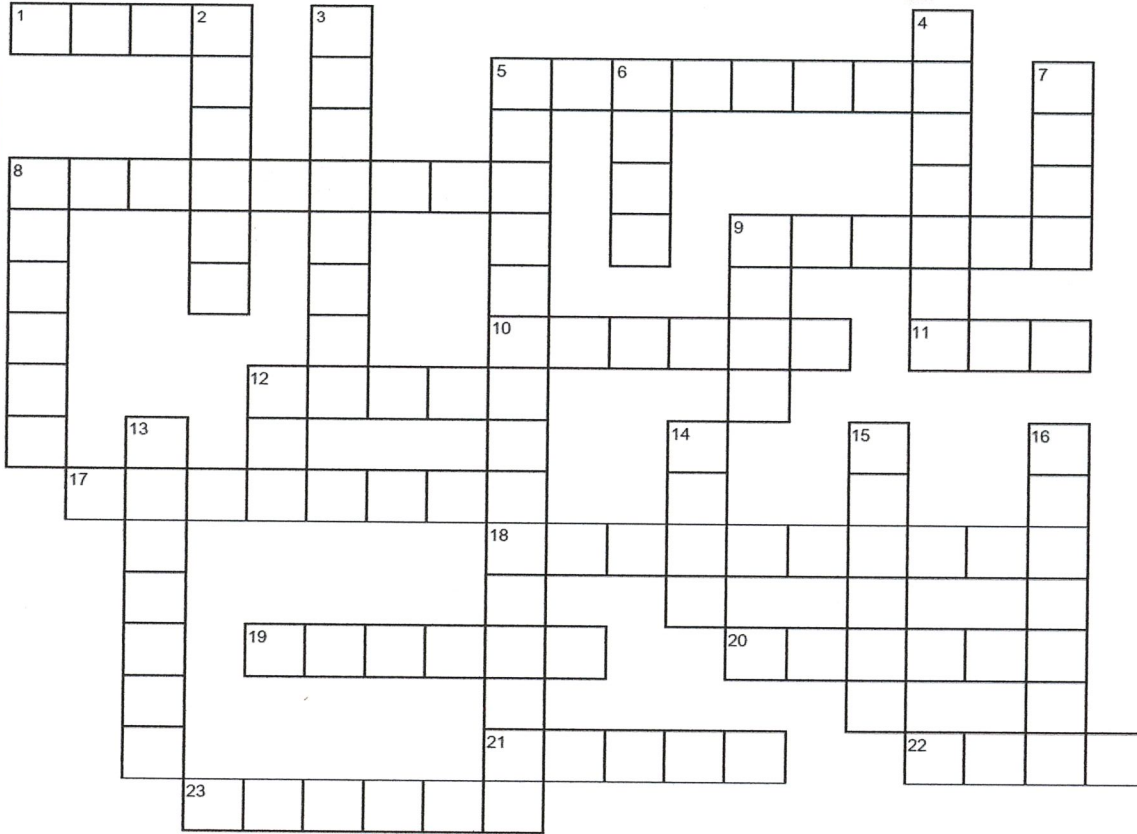
CONSULT A DOCTOR FOR DIAGNOSIS & TREATMENT.

Antihistamines for allergies, rest & fluids for colds.





c r o s s w o r d p u z z l e



- WORD BANK:**
- APRIL FOOLS
 - BEEES
 - BLOOM
 - BLUE
 - BREEZE
 - BUTTERFLY
 - CHICKS
 - CLOUDS
 - DAFFODIL
 - DAYLIGHT SAVINGS
 - EASTER
 - FLOWERS
 - FROG
 - GARDEN
 - GRASS
 - KITE
 - LADYBUGS
 - MARCH
 - MAY
 - NEST
 - PASTELS
 - PICNIC
 - PUDDLE
 - RAIN
 - RAINBOW
 - SUN
 - UMBRELLA

ACROSS:

1. Toy that flies in the wind, attached to a string.
5. Yellow spring flower.
8. Winged insect that emerges from a chrysalis.
9. A gentle wind.
10. A place where people grow flowers or vegetables.
11. Star that provides light and warmth.
12. The first month of spring.
17. Lucky red beetles with black dots.
18. Holiday when people pull pranks and make jokes.
19. A meal you have outside on the grass.
20. Small pool of water.
21. A green lawn covering.
22. Home for birds.
23. A name for baby birds.

DOWN:

2. A spring holiday when you might hunt for eggs.
3. Item that shelters you from the rain.
4. Plants with petals.
5. What it's called when the clocks "spring forward".
6. It's what a tadpole turns into when it grows up.
7. The color of the sky.
8. Another name for flowers.
9. Insects that pollinate flowers and make honey.
12. Spring month containing Mother's Day.
13. Multi-colored arc caused when light is refracted through water droplets.
14. When water droplets fall from the sky.
15. Sometimes these hide the sun.
16. Colors that are soft and muted.