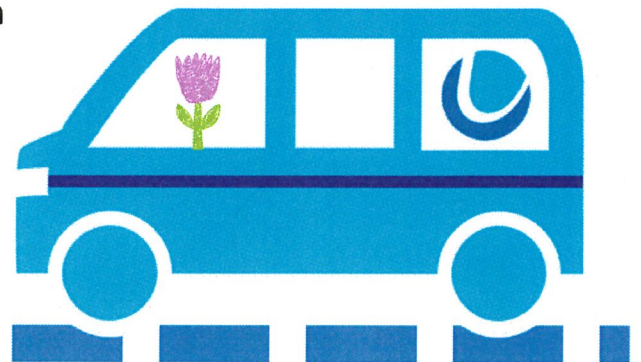


MAY is Mental Health Awareness Month

The [988 Suicide & Crisis Lifeline](#) provides 24/7, free, and confidential support for people in mental health-related distress or suicidal crisis across the United States. By calling or texting 988, individuals are connected to trained counselors who offer compassionate care and resources, helping to reduce immediate emotional distress.

Look inside this newsletter for information on how to complete a short survey to receive a \$10 gift card!



APRIL 2026

Why Should You Get Tested for Hepatitis C?

Hepatitis C is a viral infection that primarily attacks the liver, causing inflammation that can lead to serious health complications. Unlike some other forms of hepatitis, there is currently no vaccine for Hepatitis C, and it often presents with few to no symptoms in its early stages. Because the virus can live in the body for decades without being detected, many people are unaware they are infected until significant damage has already occurred. This "silent" nature makes awareness and proactive screening essential for long-term health.

Over time, chronic Hepatitis C can cause severe scarring of the liver, known as cirrhosis. If left untreated, the infection significantly increases the risk of liver failure and liver cancer.

However, modern medical advancements have transformed the outlook for patients; highly effective antiviral medications can now cure more than 95% of people with Hepatitis C.

Health experts recommend that all adults get tested at least once in their lifetime, regardless of perceived risk. Testing is now simpler than ever, requiring only a quick finger stick to collect a single drop of blood, with results often available in minutes. To support community health, **Uncas Health District will be providing free Hepatitis C testing on Tuesday, May 19th, from 10:00 AM to 1:00 PM at St. Vincent de Paul Place at 120 Cliff St, Norwich.** This free event offers a convenient, painless way to take control of your liver health and ensure peace of mind.

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

MAY 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 |
|--------------|---------------------|---|
| Fri, May 1 | 10:00 AM- 11:00 AM | MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston |
| Tues, May 5 | 11:00 AM - 12:30 PM | Lebanon Senior Center, Lebanon |
| Tues, May 5 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, May 6 | 10:30 AM – 1:00 PM | St Vincent DePaul Place, 120 Cliff St., Norwich |
| Thur, May 7 | 10:00 – 11:00 AM | Lisbon Senior Center, Lisbon |
| Fri, May 8 | 10:30 - 11:30 AM | Bozrah Senior Center, Bozrah |
| Mon, May 11 | 12:30 -1:30 PM | Preston Senior Center, Preston |
| Tues, May 12 | 11:30 AM - 12:30 PM | Salem Senior Center, Gardner Lake Firehouse |
| Tues, May 12 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, May 13 | 11:00 AM -1:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Wed, May 13 | 4:00 – 5:00 PM | MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich |
| Sat, May 16 | 10:00 AM - 1:00 PM | Backus Hospital Safety Fair, Washington St, Norwich |
| Mon, May 18 | 2:00 - 4:00 PM | AHEPA Health Fair, Hamilton Ave., Norwich |
| Tues, May 19 | 10:00 AM - 1:00 PM | Hepatitis C Testing Day at St. Vincent DePaul Place, 120 Cliff St, Norwich |
| Tues, May 19 | 2:00 - 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, May 20 | 10:30 AM - 1:00 PM | St. Vincent dePaul Place, 120 Cliff St, Norwich |
| Wed, May 20 | 1:00 - 2:00 PM | MOBILE FOOD PANTRY at Dodd Stadium, 14 Stott Ave, Norwich |
| Thur, May 21 | 4:00 - 5:00 PM | MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold |
| Mon, May 25 | closed | Office closed- Holiday |
| Tue. May 26 | 10:30 - 11:30 AM | Franklin Senior Center, Franklin |
| Tues, May 26 | 12:30 - 1:30 PM | St. Jude Common, Norwich |
| Tue, May 26 | 2:00 – 3:00 PM | HARM REDUCTION SERVICES at Veterans Park, Jewett City |
| Wed, May 27 | 11:00 AM - 1:00 PM | HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville |
| Thu. May 28 | 12:00 - 1:00 PM | Sprague Senior Center, Sprague |

Connecticut Residents Ages 18+

Participate in a Short Survey about the

CT 988 LIFELINE

Receive a \$10 Gift Card for Completing the Survey

ACCESS CODE:

988HEALTH



Your information will be kept confidential, and will be used to learn more about the awareness, perceptions, and experiences of 988 in CT

Residentes de Connecticut mayores de 18 años
Participe en una breve encuesta sobre

LÍNEA 988 DE PREVENCIÓN DEL SUICIDIO Y CRISIS DE CONNECTICUT

Reciba una tarjeta de regalo de \$10 por completar la encuesta

Código de Acceso:

988HEALTH



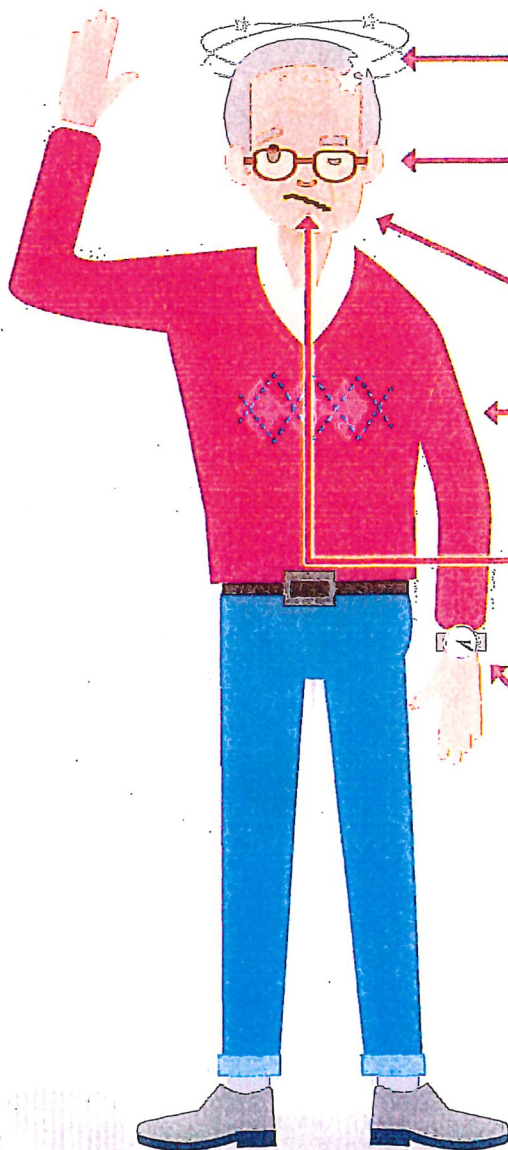
**Su información se mantendrá confidencial, y se utilizará para
conocer mejor la conciencia, percepciones y experiencias sobre
el 988 en Connecticut**

B E F A S T

Know the signs of stroke.

Stroke is a medical emergency.

For any sign of stroke, CALL 911! Every minute counts. Learn the physical symptoms to swiftly identify a stroke and save your life or the life of a loved one.



BALANCE: Sudden loss of balance.

EYES: Sudden loss of vision in one or both eyes.

FACE: Does the face look uneven?

ARMS: Does one arm drift down? Ask them to raise both arms.

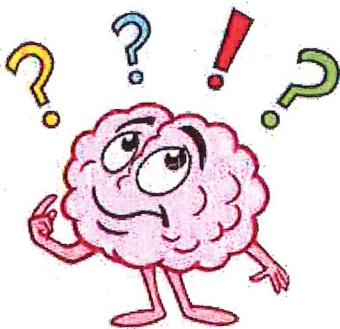
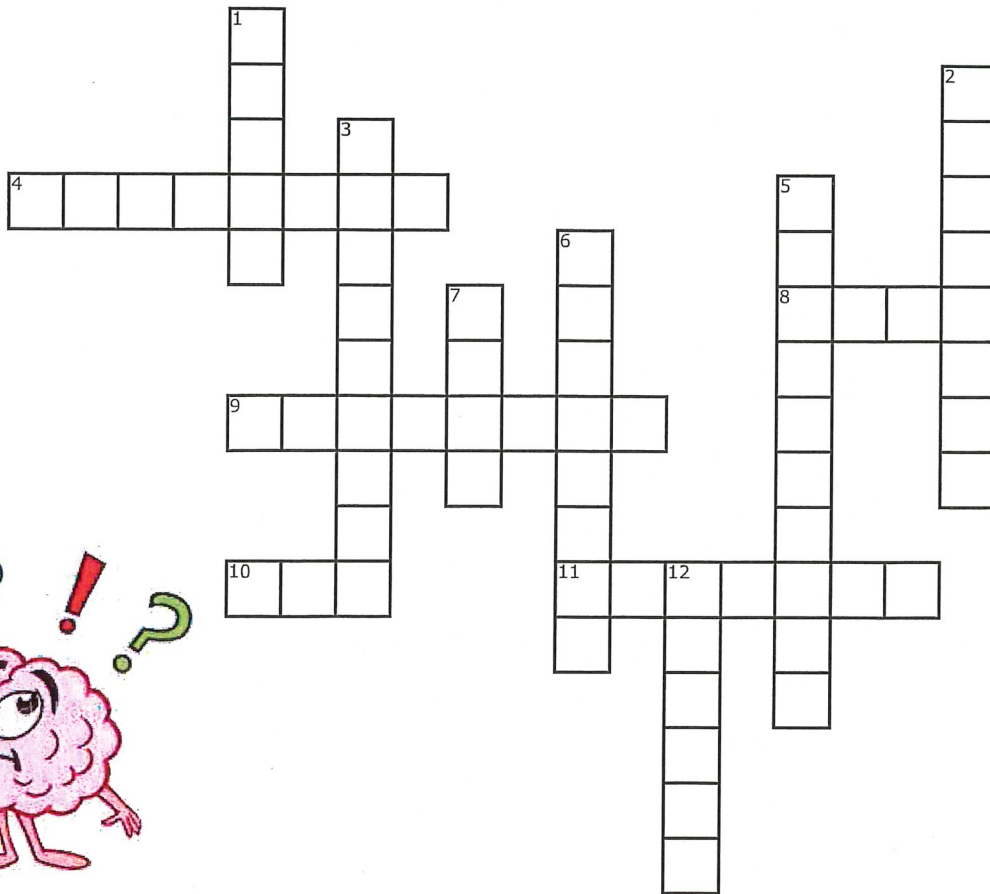
SPEECH: Does their speech sound strange? Ask them to repeat a phrase.

TIME: Time is brain. Every second brain cells die during a stroke.



401 W. Thames St., Ste. 106
Norwich, CT 06360
(860) 823-1189

Stroke Awareness Month



Across

- 4.** It's very important to know the _____ of a stroke and act in time
- 8.** Face drooping can be a _____ of a stroke.
- 9.** Controlling your blood _____ can help reduce your chances of having a stroke
- 10.** This month is Stroke Awareness Month

- 11.** Avoid this to reduce your chance of having a stroke

Down

- 1.** Timely treatment can reduce the risk of _____ or disability
- 2.** If you are having a stroke, you may experience this on one side of your body
- 3.** Stroke is a medical ____.

- 5.** Stroke can lead to _____ or death
- 6.** Get plenty of this to lower your chances of having a stroke
- 7.** If a stroke happens, act _____.
- 12.** Brain cells begin to die without this

Word Bank

| | | | |
|----------|------------|-----------|----------|
| oxygen | disability | emergency | smoking |
| sign | May | death | pressure |
| symptoms | weakness | fast | exercise |