

Suicide Prevention Month

Suicide Prevention Month is observed every September to raise public awareness, reduce mental health stigma, and share vital crisis resources. If you or someone you know needs help right now, call or text 988 to reach Suicide and Crisis Lifeline, available 24/7, free and confidential.

[Our puzzle page is all about Fall Prevention. Check it out!](#)



SEPTEMBER 2026

The Annual Flu Shot: Why You Need It This Year

Getting a flu vaccine is your best defense against the influenza virus, preventing millions of illnesses, medical visits, and hospitalizations every year. According to the Centers for Disease Control and Prevention, annual vaccination significantly lowers your risk of catching the flu and lessens the severity of symptoms if you do get sick.

The vaccine protects both you and the people around you. When you get vaccinated, you help build community immunity, which safeguards vulnerable individuals who cannot get vaccinated, such as newborn infants, elderly adults, and people with weakened immune systems.

It also reduces the chances of missing work, school, or important daily activities due to severe respiratory illness. You need a new shot every year because flu viruses constantly change, and vaccine protection fades over time. Medical experts recommend getting an updated vaccine annually, ideally early in the fall before flu activity peaks in your community.

Flu vaccines are available at doctor's offices and pharmacies. Contact them to schedule an appointment. The Uncas Health District Mobile Health Team can provide flu vaccines to homebound individuals. Call us at 860-823-1189 to schedule an appointment starting October 1st.

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

SEPTEMBER 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, September 1	11:00 AM - 12:30 PM	Lebanon Senior Center, Lebanon
Tues, September 1	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Fri, September 4	10:00 AM- 11:00 AM	MOBILE FOOD PANTRY at Preston Senior Center, 42 Long Society Rd. Preston 
Mon, September 7	closed	Labor Day Holiday
Tue. September 8	11:30 AM - 12:30 PM	Salem Senior Center, Gardner Lake Firehouse, Salem
Tues, September 8	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, September 9	9:30 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Wed, September 9	4:00 - 5:00 PM	MOBILE FOOD PANTRY at Three Rivers Community College, 574 New London Tpke, Norwich 
Fri, September 11	10:30 - 11:30 AM	Bozrah Senior Center, Bozrah
Mon, September 14	12:30 - 1:30 PM	Preston Senior Center, 42 Long Society Rd, Preston
Tues, September 15	10:30 AM - 11:30 PM	Franklin Senior Center, Franklin
Tue, September 15	12:30 - 1:30 PM	St. Jude Commons, Norwich
Tues, September 15	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wednesday, September 16	11:00 AM - 1:00 PM	St Vincent dePaul Place, 120 Cliff St., Norwich
Thurs, September 17	4:00 - 5:00 PM	MOBILE FOOD PANTRY at Griswold Public Works, 1148 Voluntown Rd. Griswold 
Tues, September 22	12:00 - 1:00 PM	Chase Manor II Apartments "Falls Prevention" presentation, Norwich
Tues, September 22	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Wed, September 23	11:00 AM - 1:00 PM	HARM REDUCTION SERVICES at Mohegan Firehouse, Uncasville
Thu. September 24	12:00 - 1:00 PM	Sprague Senior Center, Sprague
Tues, September 29	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City

We offer the following services at all of our events:

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

Don't want the flu?

Here's what you can do.



1

Get a flu vaccine.

Everyone 6 months and older needs a flu vaccine every year. The flu is a serious disease that can kill, and you cannot get the flu from the flu vaccine.



2

Take flu symptoms seriously and get tested.

If the test is positive, your provider may prescribe medicine that can lessen flu symptoms and decrease the spread of flu.



3

Wash hands often.



4

Stay home if you don't feel well

- except to go to the doctor or pharmacy.



5

Make sure to stay up to date on ALL vaccines.

To learn more, visit www.familiesfightingflu.org.



FAMILIES
FIGHTING FLU™

G2022A

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org



National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 25-4316

Do you want to improve your Balance?

Join our Tai Ji Quan: Moving for Better Balance® Class!

Take steps now to improve your strength and balance and maintain an active lifestyle!

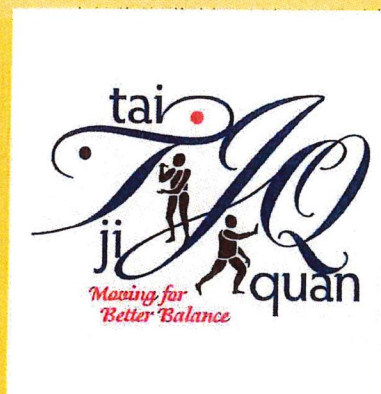
What is Tai Ji Quan: Moving for Better Balance®?

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function and to prevent falls. It is designed for older **adults 60+ years old** and people with balance difficulties.

This program can accommodate individuals who need some assistance with walking, such as use of a cane.

No prior experience with Tai Chi is needed. You will learn the movements over the course of a 24-week class in a supportive environment.

Funding for this program does not cover the entire cost of the program, donations are requested, if able.



Please join us for the next Tai Ji Quan: Moving for Better Balance® session!

October 5, 2026-April, 2027

Monday and Thursday

Time: 8:45 am to 9:45 am

Location: Zoom/in-person

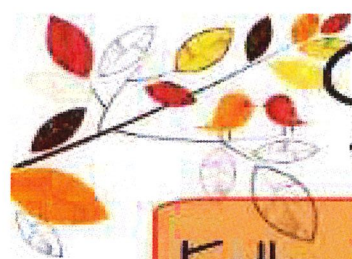
Cost: **FREE**

Must be 60+ years old

Contact: Connie Capacchione

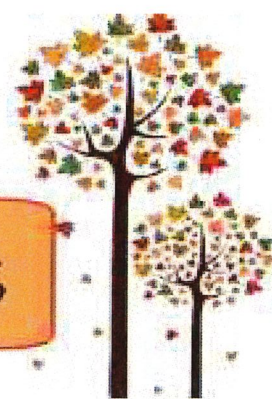
Uncas Health District

860-639-5138



September

Falls Prevention Awareness



Falls are the leading cause of fatal and non-fatal injuries in older adults. Falls threaten safety and independence and can come with enormous financial and personal costs. **HOWEVER**, falling is not an inevitable result of aging. Through practical lifestyle adjustments, you can greatly reduce your risk of falling.

8 Simple Tips for Fall Prevention



Make your home safe by removing tripping hazards like cords, rugs and clutter. Install grab bars in the bathroom.



Get your vision and hearing checked yearly and update your eyeglasses.



Keep frequently used items within reach, so you don't have to climb or strain to reach them.



Consider getting a medical alert system for easy access to emergency services.



Make sure that your home has adequate lighting so you can clearly see your path when walking.



Regularly review your medication list with your doctor. Take medications as prescribed and keep an updated medication list for emergencies.



Wear sensible shoes with non-skid soles and a proper fit.



Stay Active! Even gentle exercise can increase strength and balance.

Kick The Butt!

FREE

*12-week supply of
Nicotine Replacement
Therapy (NRT)*



Individual Counseling

FREE NRT

Uncas Health District

860-823-1189 ext. 122

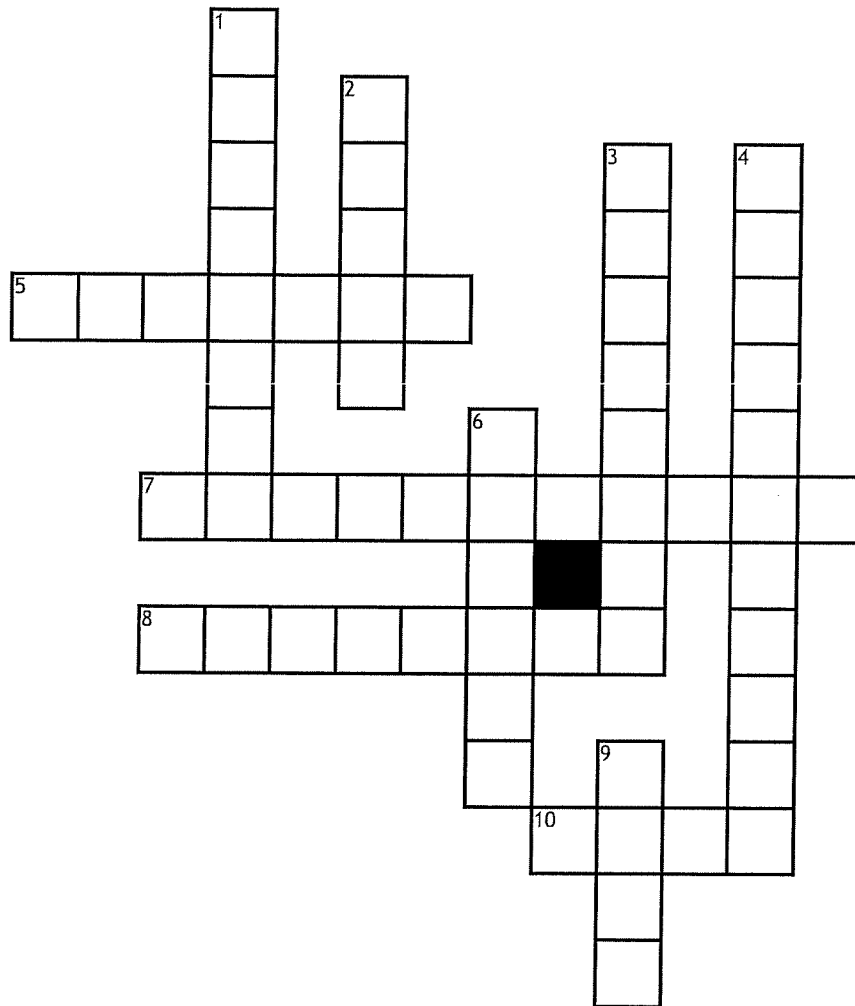


INDIVIDUAL COUNSELING IS AVAILABLE

Contact Connie Capacchione at Uncas Health District for details and/or questions

Office: (860) 823-1189 ext. 122 ... Email: c-capacchione@uncashd.org

Steps to Prevent a Fall



Across

5. Get your vision and hearing ___ annually.
 7. Regularly review your ___ with your doctor or pharmacist.
 8. Remove ___ hazards.
 10. Talk to health ___ provider about a risk of falling assessment.

Down

1. Find a good balance and ___ program.
 2. Wear sensible ___ with non-skid soles.
 3. Increase ___.
 4. Many falls are ___.
 6. Enlist the help of your ___ in taking steps to stay safe.
 9. Install grab ___ in key areas.

Word Bank

tripping	family	medications	preventable	exercise
checked	bars	lighting	shoes	care