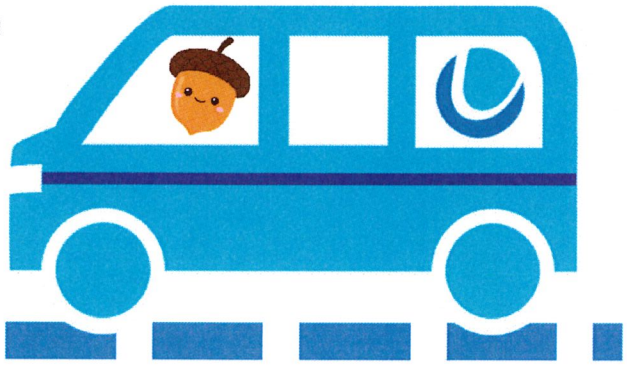
UNCAS HEALTH DISTRICT
Your Local Health Department

Mobile Health Team Newsletter

November is Diabetes Awareness Month

Diabetes affects how your body turns food into energy, making awareness key to staying well. Recognizing the early red flags is the first step. Flip inside to learn exactly what diabetes is and explore the common signs and symptoms. If you notice any of these warnings, please contact your doctor right away.



Check your FOOD SAFETY knowledge on our puzzle page.

NOVEMBER 2026

Light up the Night with Reflective Gear

Staying visible to drivers is the most important thing you can do to stay safe when you're out walking, running, or cycling after dark. When the sun goes down, our eyes naturally have a harder time spotting shapes and guessing distances. If you're wearing dark clothing, drivers often can't see you until they are way too close to stop safely. Wearing reflective gear completely changes the game by catching a car's headlights and bouncing that bright light right back to the driver's eyes. It makes you light up from hundreds of feet away, giving drivers plenty of time to slow down, move over, and keep everyone safe.

An incredibly easy way to boost your visibility is by choosing everyday items that feature reflective tape. Jackets, backpacks, sneakers, and vests with built-in reflective strips help show off your human shape, so drivers instantly know you are a person moving around and not just a roadside shadow. Even tiny tweaks—like wrapping a bit of high-visibility tape around your wrists or ankles—create a flashing effect as you move, which naturally catches a driver's eye. To help you stay bright on your nightly adventures, we are handing out a free reusable grocery bag trimmed with reflective tape with this month's newsletter. Whether you are walking back from the store or out for an evening stroll, tossing it over your shoulder is a quick, stylish, and simple habit that keeps you safe and visible at night.

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

NOVEMBER 2026
Mobile Health Team

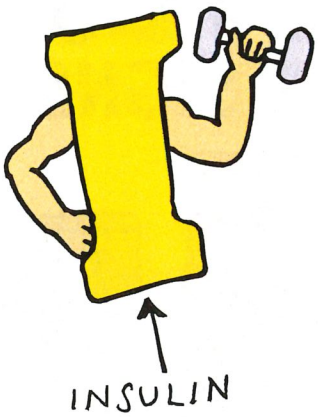
For more information, call 860-823-1189
or scan the QR to visit us at **uncashd.org.**

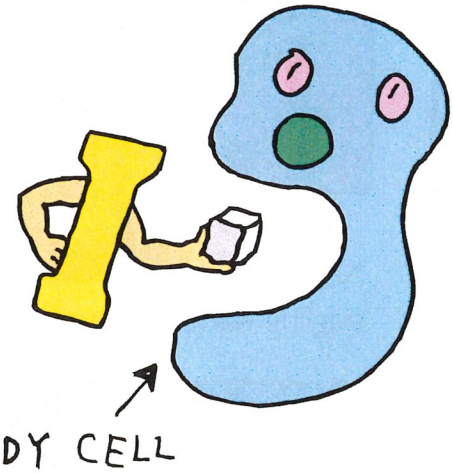
Date	Time	Location / Details
Tues, November 3	11:00 AM - 12:30 PM	Lebanon Senior Center, Lebanon
Tues, November 3	2:00 - 3:00 PM	HARM REDUCTION SERVICES at Veterans Park, Jewett City
Thurs November 5	10:00 -11:00 AM	Lisbon Senior Center, Lisbon
Fri, November 6	10:00 AM- 11:00 AM	**MOBILE FOOD PANTRY**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

We offer the following services at all of our events:
blood pressure screening, blood glucose checks, flu vaccination (seasonal), illness prevention information, smoking cessation information, harm reduction services, Hepatitis C / HIV screening, syringe services, STI prevention, and seasonal health education.

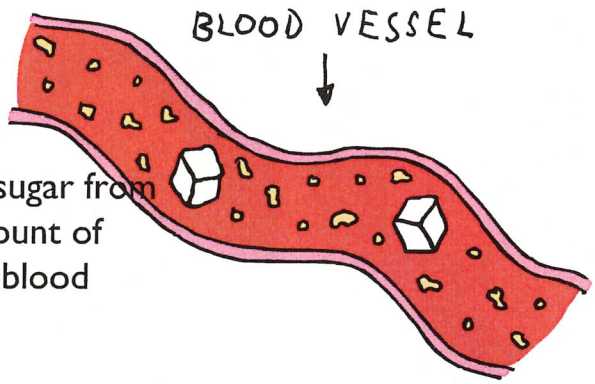
TYPE 2 DIABETES

With type 2 diabetes, your body makes some insulin, but not enough. Or, the insulin your body makes does not work right.

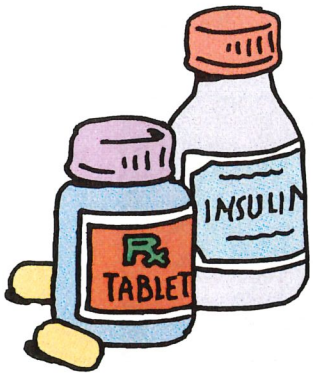




Much of the food you eat is changed by your body into a kind of sugar. The medical word for this sugar is glucose. Insulin helps sugar move from your blood into your body's cells.



If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.



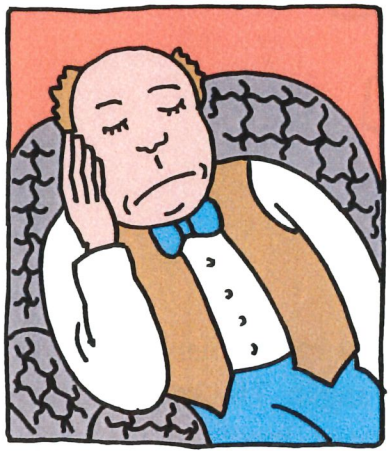
Type 2 diabetes is more common in adults, but the number of children and young people with type 2 diabetes is growing. Eating healthy foods, in the right amounts, and being physically active can help people lower their blood sugar. Most people with type 2 diabetes take diabetes pills and many also take insulin.

Diabetes cannot be cured, but you can control it! People who control their blood sugar levels can lead full and happy lives - just like everyone else. Talk to your doctor or health clinic for more information.

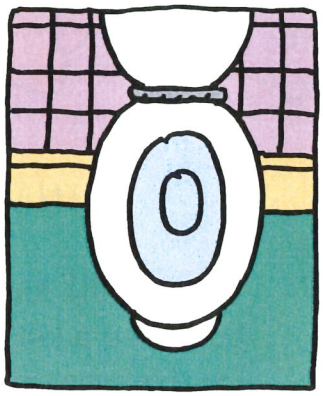


A free handout from Learning About Diabetes, Inc.
http://www.learningaboutdiabetes.org

DIABETES
KNOW THE SIGNS



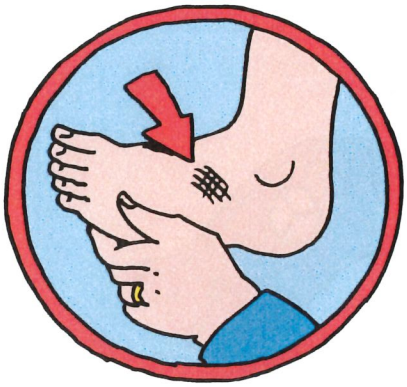
Tired or sleepy a lot



Need to urinate often



Numb or
tingling hands or feet



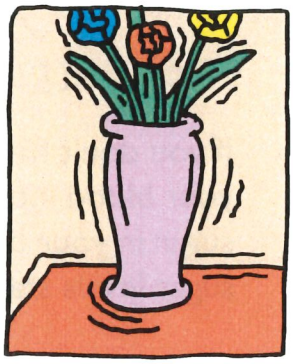
Wounds that won't heal



Vaginal infections



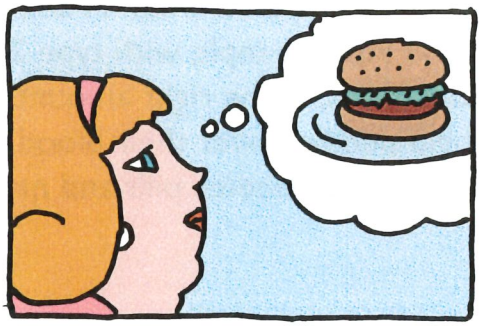
Problems having sex



Blurry vision



Sudden weight loss



Hungry all the time

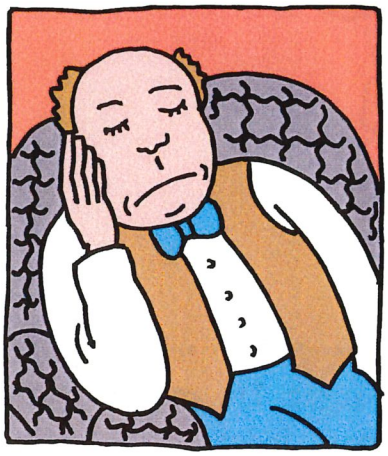


Always thirsty

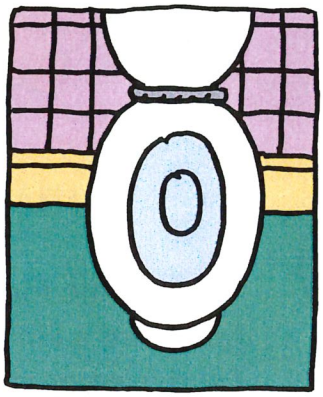
Talk to your doctor if you have any of these problems, especially if you have any of them for a week or more.

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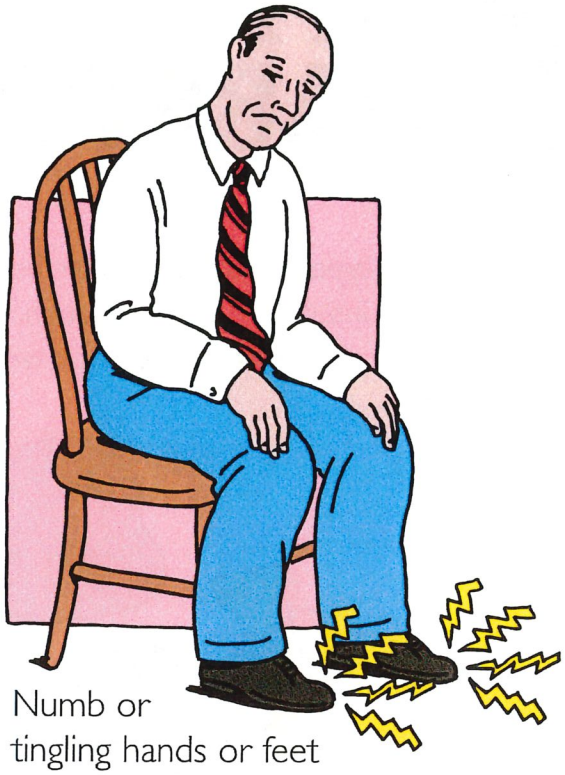
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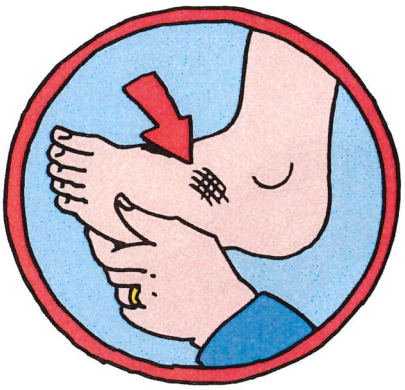
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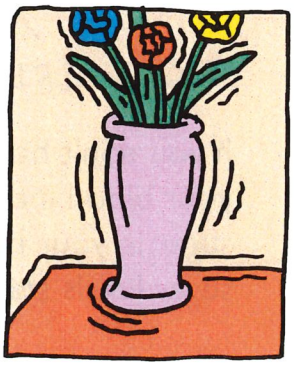
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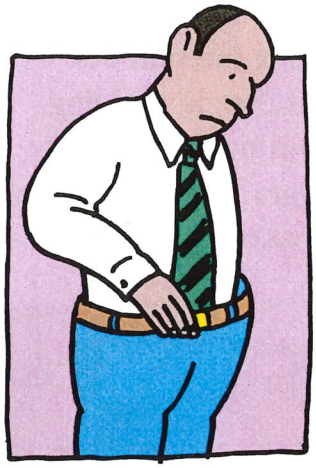
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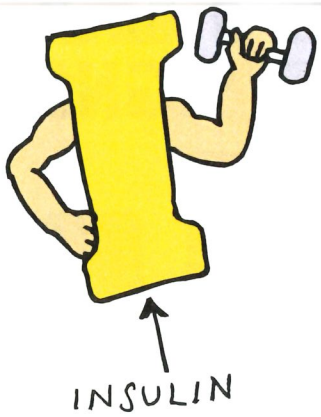
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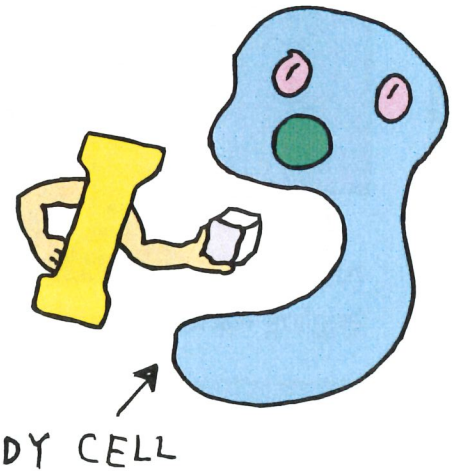
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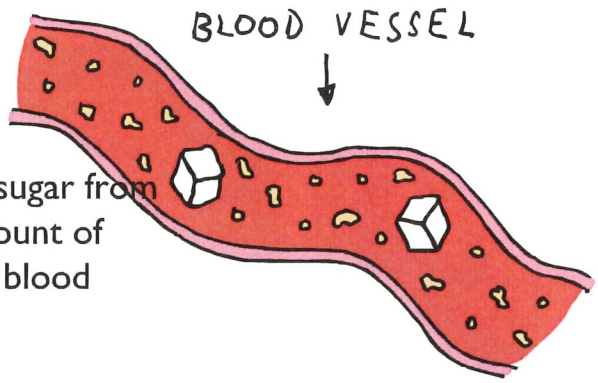
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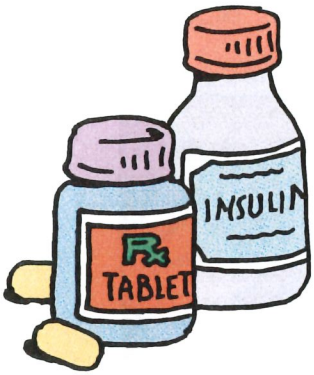




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THANKSGIVING SAFETY

THE GREATEST NUMBER OF HOME-COOKING FIRES OCCUR ON THANKSGIVING.

TOP CAUSES OF HOME FIRES:

- HEAT SOURCE TOO CLOSE TO FLAMMABLE MATERIALS
- PRODUCT MISUSE (MOSTLY TURKEY FRYERS)
- UNATTENDED EQUIPMENT
- ACCIDENTALLY LEAVING COOKING EQUIPMENT ON
- ABANDONED MATERIAL

BROUGHT TO YOU BY THE INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS

SOURCE: NFPA

5 Tips for Safe Thanksgiving Leftovers

2 hour rule

Refrigerate perishable items within two hours of coming out of the oven or refrigerator to prevent the rapid growth of bacteria.

Use Shallow Containers

Storing leftover food in shallow containers 2-4 inches deep helps ensure the inner and outer surfaces of the food will reach safe temperatures quickly and prevent bacteria from growing.

Freeze or Consume Within Four Days

Use the Monday after Thanksgiving as a reminder that it is the last day you can safely eat leftovers. If you want to keep leftovers longer, freeze them within that four-day period.

Microwave Food Safely

When reheating in the microwave, cover and rotate the food for even heating.

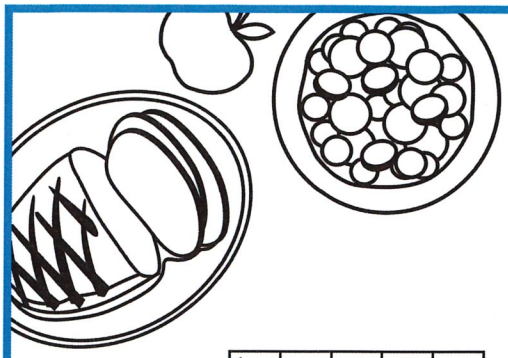
Reheat to 165° F

165° Fahrenheit

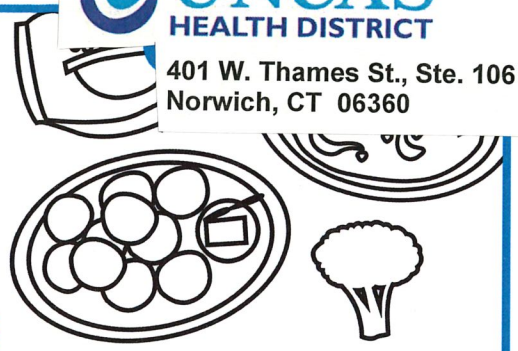
Make sure your reheated leftovers reach 165° F as measured with a food thermometer. Reheat sauces, soups and gravies safely by bringing them to a rolling boil.

Courtesy of USDA and University of Georgia

UNCAS HEALTH DISTRICT
401 W. Thames St., Ste. 106
Norwich, CT 06360



THE story OF YOUR dinner
Partnership for Food Safety Education



FOOD SAFETY CROSSWORD PUZZLE



WORD BANK:

Chill
Instructions
Foodborne illness
Salmonella
Eat
One sixty five
Separate
Thermometer
Core Four
Two hours
Rinsing
Twenty
Clean

ACROSS:

1. Start out with _____ hands, surfaces and utensils before cooking.
3. What foodborne pathogen is often linked to raw eggs?
5. Four steps to help you tackle bacteria.
7. What is not a food safety step when preparing raw meat or poultry?
8. Simplify cooking with frozen foods by following these for optimal safety and quality.
9. While everyone is at risk of a _____ _____, young children and elderly people have a higher risk.
11. It is recommended to wash hands with warm water and soap for _____ seconds.
12. Only ____ food that contains flour when it is fully cooked.

DOWN:

1. The refrigerator is the best place to _____ perishables.
2. A _____ is a kitchen device that can ensure food is cooked to a proper temperature.
4. What temperature does poultry need to reach to be food safe?
6. Leftovers should be put in the refrigerator or freezer within ____ _____.
10. To avoid cross contamination, keep raw meat _____ from produce.

Learn more about food safety at StoryOfYourDinner.org

BROUGHT TO YOU BY: Cargill · COSTCO WHOLESALE · Partnership for Food Safety Education — Together: A Food Safe America · UNCAS HEALTH DISTRICT

Across: 1. Clean 3. Salmonella 5. Core Four 7. Rinsing 8. Instructions 9. Foodborne illness 11. Twenty 12. Eat **Down:** 1. Chill 2. Thermometer 4. One sixty five 6. Two hours 10. Separate