

The UCONN Buzz



Bring in the New Year with Be Well!

CT Quit Line: 1-800-QUIT-NOW

CT Poison Control 24/hotline: 1-800-222-1222

The Opioid Epidemic: Our Communities, Our Concern

The Eastern Highlands Health District (EHHD), with support from our member towns, will be hosting a forum on The Opioid Epidemic: Our Communities, Our Concern. This event will consist of a featured speaker, [Greg Williams](#), followed by a panel discussion and a resource fair running the entire time of the event. Greg Williams, a national recovery leader and director of the award winning film [The Anonymous People](#), and the recently released film [Generation Found](#), will speak at 6:30pm and will be immediately followed by the panel discussion.

The resource fair will begin at 5:30pm and continue until after the speaker and panel have finished. The fair will include NARCAN demonstration and training, a drug take-back station and tables of information from local support and service agencies. [Save the date—Feb. 8, 2017](#)



Drug and Alcohol Facts Week

National Drug & Alcohol Facts Week is aimed at connecting students with scientists and other experts to dispel the myths they learn from TV, movies, music, friends, social media and the internet surrounding substance use.

The week culminates on Thursday, January 26, with National Drugs & Alcohol Chat Day, which hosts an annual live online chat held between high school students and the National Institute on Drug & Alcohol scientists. Registration for this event can be found [here](#).



New For the New Year

Beginning January 1, 2017 Connecticut law (CGS §§ 38a-503 and 38a-530, as amended by PA 16-82) will require certain state health insurance policies to cover breast tomosynthesis, a type of three-dimensional mammogram. It will also cover a baseline mammogram for women ages 35 through 39 and annual mammograms for women 40 or older, according to the [Connecticut General Assembly](#).

January is Blood Donor Month

According to the [American Red Cross](#), every two seconds someone in the U.S. needs blood, nearly 21 million blood components are transfused each year in the U.S., and the average red blood cell transfusion is approximately 3 pints, although only 1 pint is given per donation.

Donating blood is a safe process. The entire process of registration, providing medical history, mini-physical exam, blood donation and refreshments only takes about an hour and 15 minutes to complete. The actual blood donation typically takes less than 15 minutes. You have the potential to save up to 3 lives with one donation. So consider donating today!

Donate at any of these Blood Drives in your area:

- [Willington Hill Firehouse](#)
January 3rd, 11:30am-4:30pm
- [Tolland Congregational Church](#)
January 10th, 1:00pm-6:30pm
- [Bolton High School](#)
January 23rd, 8:00am-1:00pm
- [University of Connecticut](#)
January 30th—February 2nd
11:00am-4:45pm

To register for one of these events, [click here](#).

The American Red Cross and Dunkin' Donuts will offer \$5 Dunkin' Donuts gift cards to those who donate blood or platelets in January at participating Red Cross blood drives.

HAPPENINGS AROUND TOWN

- [Storrs Winter Farmers Market](#)
Saturdays, 3– 5PM, rain or shine
- [CT Kids Fair](#) in Hartford, January 28th and 29th, \$10 adults, \$5 for kids, and free rides with kids admission
- [Weight Loss Management Program](#) at UCONN Health, Farmington. Six-week program begins January 10th and costs \$70
- [Penguin Plunge](#) in Farmington, to raise money for Special Olympics, January 29th
- [Smiles for Miles](#) January 19th, Make-a-wish and NBC
- [The Opioid Epidemic: Our Communities, Our Concern](#). February 8th, Tolland High School, starts at 5:30pm with the resource fair, speakers at 6:30pm

Sources for this issue of **The Buzz** include: National Institute on Drug Abuse, CT General Assembly, American Red Cross, Mansfield Dept. of Public Works, Food and Agriculture Organization of the United Nations, www.eatbydate.com

Whole-Grain Chicken /Pear/Asparagus Pizza

- * 2 Tbsp. extra-virgin olive oil
- * 1 Tbsp. grated Parmesan cheese
- * 1 cup chopped asparagus
- * 1 tsp Italian seasoning
- * 1/4 tsp dried red pepper flakes
- * Ready-made whole-grain flat-bread pizza crust, 12 inches
- * 1 cup sliced pear
- * 1/4 cup cooked chicken
- * 1 cup part-skim shredded mozzarella cheese



Directions: Preheat the oven to 425°F. Mix 1 Tbsp. olive oil with the Parmesan cheese and asparagus; arrange in a single layer on a rimmed baking sheet and roast in the oven for 10 minutes. Combine the remaining 1 Tbsp. olive oil with the Italian seasoning and red pepper flakes; brush over the pizza crust. Spread the roasted asparagus, pear slices, and chicken evenly over the crust. Sprinkle the mozzarella on top. Place the pizza in the oven and bake for 7 to 10 minutes, or until the cheese is completely melted.



According to [Mansfield Food: Too Good To Waste](#), food waste is a much larger problem than most people are aware of.

They state that:

- The average family of four spends \$1,600 per year on food that goes uneaten.
- Americans waste about 25% of all food & drinks purchased.
- 25% of America's methane emission comes from wasted food.

According to [Food & Agriculture Organization of the UN](#), the biggest reasons for wasting food are cosmetic standards (demand for fruits and vegetables free of spots and blemishes), overstocking/over purchasing, and confusion about sell-by and expiration dates.

Waste Not, Want Not

It is important to note that there is a difference between *Wasted Food* and *Food Waste*.

- Wasted Food is avoidable, such as throwing away leftovers.
- Food Waste is unavoidable, such as egg shells.

Confusion about the date labels on food products can lead to wasting food that is still good to eat. It helps to learn the difference between these date labels. According to [EatByDate.com](#), here is a quick definition of the most common date labels:

Sell-By Date: is used by the store to know how long to display a product for sale. This item can still be safe after this date and beyond, as long as it is stored correctly.

Use-By Date: has been determined by the manufacturer as the last date recommended for use while still at peak quality.

Best if Used Before Date: is the recommendation for best flavor and quality, not safety.

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.



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Be Well
An EHHD Wellness Program

