

# Health and Wellness Newsletter Spring 2023



*"The earth laughs in flowers"* Ralph Waldo Emerson

It's Spring - go outside and play! The old advice is true. Fresh air and sunshine really is good for you. Research shows that getting outside helps you...

- increase your energy levels
- increase your Vitamin D stores
- decrease anxiety
- increase your social connections
- improve your sleep
- improve your self esteem
- improve your focus
- boost your immunity
- increase your creativity



Getting outside is good for all ages, so take the whole family out to play!



## Drinking, Smoking, Vaping: Trends in Teen Use & What Parents Can Do

Are you worried about your teens' exposure to weed, alcohol and other drugs and what you can do as a parent to protect them? Join Connection in Partnership with The Newtown Congregational Church for "Drinking, Smoking, Vaping: Trends in Teen use and What Parents Can Do" on **Tuesday April 18th, 7 - 8:30.**

The second session in a three session program, this empowering and informative event features Liz Driscoll Jorgensen, CADC and will be held at the Newtown Congregational Church, 14 West Street, Newtown.

Liz Jorgensen, Director of Insight Counseling LLC, and a consultant to Newport Healthcare will help parents learn about the current teen culture, how social media use interacts with substance abuse risks and how to set and maintain loving limits to keep their children safe. Liz Jorgensen has 35 year's experience with adolescent and adult psychotherapy and counseling. She has been a faculty speaker at Harvard CME for 22 years and is a nationally recognized expert in counseling, particularly in engaging resistant teens and motivating them to change.



## SAVE THE DATE!! May 19th Family Dinner

Parent Connection is sponsoring a **Family Fun Dinner** for families of students in K-6 to kick off the district Health & Wellness Week. The event includes dinner, dessert and family entertainment. Watch for more details to come.

Click [HERE](#) for inspiration on family dinners - why it matters, how to get started, quick recipes and conversation starters.

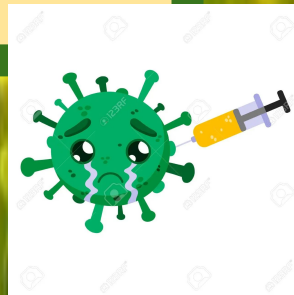


## SPRING CLEANING

It's time to clean out your medicine cabinet and get rid of any expired, unused or unwanted prescription drugs. The DEA and the Newtown Police can accept tablets, capsules, patches and other solid forms of prescription drugs on **April 22, 2023 Drug Take Back Day** from 10 am till 2 pm at the Newtown Police Department, 191 S. Main Street. Liquids, including intravenous solutions, syringes and other sharps; and illegal drugs will not be accepted. This service is free and anonymous.

**STILL YOUR BEST PROTECTION AGAINST COVID 19!!**

The last **free** Griffin Hospital COVID Vaccine clinic for staff and families is scheduled for **Thursday, April 20th** in the NHS lobby from **4:30 - 7:30 pm.**



## April is Alcohol Awareness Month

Alcohol abuse causes untold amounts of pain and suffering in the world. Any parent would want to protect their children from such pain, but most parents underestimate the influence that their own words and actions have on their children's attitudes when it comes to alcohol and substance use. The "Talk. They Hear You" campaign has produced thoughtful Public Service Announcements to educate parents on this important issue. Click here to listen: [Talk. They Hear You](#)

## Fast & Healthy Family Dinners

Spring is a busy season for many young families. Here are some healthy meals that can be pulled together quickly to keep all of your active family members satisfied:-

- [Instant Pot Turkey Chili](#)
- [One Pot Basil Chicken Baked Ziti](#)
- [Roasted Sweet Potato Black Bean Salad](#)

