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## SEPTEMBER

SEPT 23-27 FALL PREVENTION WEEK

Guests:

**ANGELA VASQUEZ**

HEALTHY AGING PROGRAM COORDINATOR  
FOR THE BUREAU OF AGING IN CT.

PODCAST

ANGELA DISCUSSED  
FALL PREVENTION  
WEEK AND HOW  
THEY CAN HELP 60 +  
YEAR OLDS WITH  
TOOLS THEY NEED  
FOR FALL  
PREVENTION AND TO  
STAY HEALTHY

## SEPTEMBER

Suicide Prevention Month

Guest:

**Marisa Giarnella**

Co-Founder of the Jordan Porco Foundation

### Appearances

**We will be doing appearances at the Fresh Check Days in Danbury 9/24 at Naugatuck Community College. Goodwin College on 10/15. Manchester Community college on 10/23 and one in Waterbury in Nov.**

### Podcast

Podcast with Marisa Giarnella is up on Monday. Discuss the origins of the Jordan Porco Foundation and the intersection of mental health and CTPL.



# OCTOBER

HISPANIC HERITAGE MONTH 9/15-10/15

Guests:

**GLADYS RAMOS**

Stratford Hispanic Heritage Committee

Co-Chair

PODCAST

Scheduling podcast with Gladys about the Stratford Hispanic Heritage Committee and what Hispanic Heritage Month means to her. How CTPL can help with benefits.



# OCTOBER

## Safe Sleep and SIDS Awareness Month

Guests:

**Alison Jacobson**

**CEO OF FIRST CANDLE**

PODCAST

Recording with Alison on Friday about SIDS Awareness Month, and safe sleeping tips for parents. Talking about maternal healthcare and the disparities that exist. How CTPL can help.