



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Connecticut Valley Chapter

## SEPTEMBER

Baby Safety Month  
National Sewing Month  
National Mushroom Month  
National Potato Month  
Suicide Prevention Month  
Cheese Pizza Day (5th)  
Autumnal Equinox (22nd)

## Mushrooms

- A mushroom is neither a fruit nor a vegetable; technically mushrooms aren't even plants. They are a fungus and do not require sunlight to make energy.
- A Portabella mushroom can contain more potassium than a banana.
- There are over 30 species of mushroom that actually glow in the dark.
- Mushrooms are used in many cuisines throughout the world and it's known as the "meat" of the vegetable world.
- Mushrooms are the only vegetarian food that can make vitamin D.
- Health benefits of mushrooms include relief from high cholesterol, breast cancer, prostate cancer, and diabetes.

## 7 Stages of Dementia

Dementia is a collective term used to describe various symptoms of cognitive decline, such as forgetfulness. It is a symptom of several underlying diseases and brain disorders. Dementia is not a single disease in itself, but a general term to describe symptoms of impairment in memory, communication, and thinking.

Stage 1: In this stage, the person functions normally, has no memory loss and is mentally healthy. People with NO dementia are considered to be in stage 1.

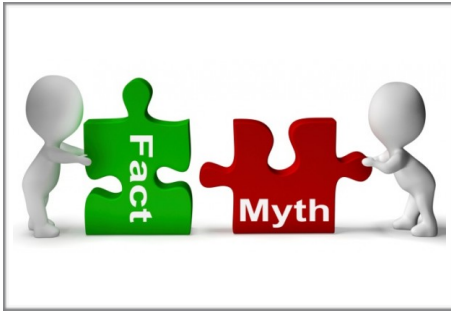
Stage 2: This stage is used to describe normal forgetfulness associated with aging. Symptoms are not evident to the loved ones or the physician.

Stage 3: This stage includes increased forgetfulness, slight difficulty concentration, and decreased work performance. People may get lost more often or have difficulty finding the right words.

Stage 4: This stage includes difficulty concentrating, decreased memory of recent events, and difficulties managing finances or traveling alone to new locations. People have trouble completing complex tasks efficiently or accurately and may be in denial about their symptoms. They may also start withdrawing from family or friends.

Stage 5: People in this stage F major memory deficiencies and need some assistance to complete their daily activities. Memory loss is more prominent and may include major





## Suicide Myths

### **Myth 1: It's dangerous to ask a depressed person whether they're considering suicide.**

False. You may be afraid of raising the topic but the reality is that those struggling with depression may be relieved to have the opportunity to share their disturbing thoughts, including the ones about suicide, with someone else.

### **Myth 2: People take their own life "out of the blue."**

False. Through their words or actions, most people who take their own lives really have communicated their intent beforehand to other people

### **Myth 3: Only people with mental disorders are suicidal**

False. Suicidal behaviour indicates deep unhappiness but not necessarily mental disorder. Many people living with mental disorders are not affected by suicidal behaviour, and not all people who take their own lives have a mental disorder.

**Myth 4: A person who attempts suicide is trying to get attention.** False. Anyone who would risk their life to get attention is in need of attention – specifically professional help, but also the compassion and concern of loved ones.

relevant aspects of current lives: an example: people may not remember their address, phone number, the time, what day it is or where they are.

Stage 6: People in this stage require extensive assistance to carry out daily activities. They start to forget names of close family members. Many people can remember only some details of earlier life. Finishing tasks and incontinence may be problems. Ability to speak declines, personality changes such as delusions, anxiety and agitation may occur.

Stage 7: People in this stage have essentially no ability to speak or communicate. They require assistance with most activities such as using the toilet and eating. I often lose psycho motor skills such as the ability to walk.

Dementia is one of the major causes of disability among older people worldwide. There is often a lack of awareness and understanding of dementia and the stages of progression.

## FUN FACTS

- The entire world's population could fit inside Los Angeles.
- More people visit France than any other country.
- The world's most densely populated island is the size of two soccer fields: Santa Cruz del Islote in the Archipelago of San Bernardo off the coast of Colombia.
- People 60 years and older make up 12.3 percent of the global population.
- California is home to the "Artichoke Capital of the World."
- According to a study developed for National Geographic in 2011, the world's "most typical" person is right-handed, makes less than \$12,000 per year, has a mobile phone, and doesn't have a bank account.
- More people speak Mandarin Chinese than any other language.
- The global adult literacy rate is around 86 percent.



- All the ants on Earth weigh about as much as all the humans.
- The Supreme Court has its own private basketball court on the top floor of the building with an amazing nickname: "The highest court in the land".
- Walmart has a lower acceptance rate than Harvard. Harvard might be hard to get into with a 4.5 percent admittance rate, but try this on for size: only 2.6 percent of Walmart applicants are accepted.
- Hunting unicorns is legal in Michigan.
- A U.S. town had a 3-year-old mayor. In the small town of Dorset, Minnesota, where a new mayor is picked every two years by drawing names out of a hat, a three year old named Robert Tufts was elected mayor in 2015.
- Flowers like Viagra. If you put some Viagra in a vase, it will make flowers stand up straight for a week beyond when they would normally wilt.
- High heels were originally for men. When high-heel shoes first came into fashion in the 10th century, they were intended for men. It wasn't until the 18th century that more women wore high heels than men.
- A Hummingbird weighs less than a penny.

## September is Suicide Prevention Month

As the 10th leading cause of death in the United States and the second leading cause of death (after accidents) for people aged 10 to 34, suicide is a serious public health problem.

In 2016 in the United States, nearly 45,000 people died by suicide and the rate of suicide has increased every year since 2006. An estimated 1.3 million adults attempt suicide each year, according to the Centers for Disease Control and Prevention (CDC). More than one in five people who died by suicide had expressed their suicide intent.

Men are more than three times more likely than women to take their lives. Firearms are the most common method of suicide (used in about half of all suicides). Yet, suicide is preventable. Knowing the risk factors and recognizing the warning signs for suicide can help prevent suicide.

The Suicide Prevention Resource Center defines risk and protective factors and warning signs:

- Risk factors are characteristics that make it more likely that an individual will consider, attempt or die by suicide.
- Warning signs indicate an immediate risk of suicide.
- Protective factors are characteristics that make it less likely that individuals will consider, attempt or die by suicide.

*Risk Factors for Suicide:*

- Certain events and circumstances may increase risk (not in particular order, except first one).



- Previous suicide attempt(s), a history of suicide in the family or exposure to the suicidal behavior of others
- Substance misuse
- Mood disorders (depression, bipolar disorder)
- Access to lethal means (e.g., keeping firearms in the home)
- Losses and other events (for example, the breakup of a relationship or a death, academic failures, legal difficulties, financial difficulties, bullying)
- History of trauma or abuse
- Chronic physical illness, including chronic pain

#### *Warning Signs of Suicide:*

- Often talking or writing about death, dying or suicide
- Making comments about being hopeless, helpless or worthless
- Expressions of having no reason for living; no sense of purpose in life; saying things like "It would be better if I wasn't here" or "I want out."
- Withdrawal from friends, family and community
- Reckless behavior or more risky activities, seemingly without thinking. Increased alcohol and/or drug misuse
- Dramatic mood changes
- Talking about feeling trapped or being a burden to others

#### *Protective Factors:*

- Contacts with providers (e.g., follow-up phone call from health care professional)
- Effective mental health care; easy access to a variety of clinical interventions
- Strong connections to individuals, family, community and social institutions
- Problem-solving and conflict resolution skills with mental illness, one of the biggest barriers to preventing suicide is stigma, which prevents many people from seeking help.

The CDC report recommends a comprehensive public health approach to suicide prevention and it identifies several strategies that states and communities can undertake, including such measures as teaching coping and problem-solving skills to help people manage challenges, expanding options for temporary assistance for those in need and connecting people at-risk to effective and coordinated mental and physical health care.

#### *What You Can Do:*

If someone indicates they are considering suicide, listen and take their concerns seriously. Don't be afraid to ask questions about their plans. Let them know you care, and they are not alone. Encourage them to seek help immediately from a knowledgeable professional. Don't leave them alone.

Five tips from CDC for what you can do if you're concerned about a friend or loved one:



- Ask someone you are worried about if they're thinking about suicide. (While people may be hesitant to ask, research shows this is helpful.)
- Keep them safe. Reduce access to lethal means for those at risk.
- Be there with them. Listen to what they need. Help them connect with ongoing support.
- Stay connected. Follow up to see how they're doing

If you need help for yourself or someone else, contact the Suicide Prevention Lifeline call 1-800-273-8255 or chat online at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).

## CAPTION CONTEST

Join Us! The object of the contest is to write the funniest “safety related” caption to accompany the Safety Photo of the Month.

The winning caption for the August photo is: “Stairway to Heaven”. Thank you for your entry and sense of humor Lisa Wolf!

The August photo in need of a caption is:



Submissions should be emailed to Laura Casey and place “Caption Contest” in the subject : [casey@safeconsolutions.com](mailto:casey@safeconsolutions.com)







## **Kevin's Safety Scoop - By Kevin Galotti**

Hello fellow Connecticut Valley Chapter members! I hope you are still staying safe during this COVID-19 pandemic. I have some exciting news! My wife and I just had our second child! (I wish I could give you more information, but I am writing this the day before he is born.) If you have any exciting news (wedding, birth announcement, earning a certification) that you want to share with the chapter, please let us know so we can spotlight you in the newsletter.

I have some other news to share with you. We will be offering our first virtual meeting in the month of September and attendees will have the opportunity to earn .5 CEUs toward their professional certifications. Below is some information about the event, but there will be more information to follow.

This will be a three-part webinar event titled, "Business Class: Techniques to bring OSH into the Business Core." The event will take place on 9/22/2020, 9/24/2020, and 9/28/2020.

The event will consist of reading materials and three 1-hour webinars, with an optional 30-minute discussion after the completion of each webinar. This event will offer members .5 CEUs toward their professional certifications. Members **MUST** attend all three webinars to be able to earn the CEUs.

The topic will be presented by Peter Susca. Pete is the Principal/Owner of OpX Safety, a firm that helps companies improve operational excellence by using safety as an organizational health bellwether. He has 39 years of experience in environmental health and safety. Pete has written several of his "Business Class" articles in the Professional Safety Journal magazine that all ASSP members get free on a monthly basis.

If you would like to speak on a topic to help your fellow CT Valley members, please reach out to me at [kgalotti@townfair.com](mailto:kgalotti@townfair.com).

Kevin Galotti, CSP  
Chapter President



## FLAVOR OF THE MONTH:

### **Back to School Safety**

School is slowly getting back in session this month and there are many safety concerns for kids going to school (besides COVID-19).

#### Backpacks:

- Ensure your child has the right size backpack
- Teach your child the proper way to wear a backpack
  - Use both straps and tighten them to keep the weight close to the body
- Do not overfill a backpack
  - It should weigh no more than 5% to 10% of your child's body weight

#### Transportation

##### Bus Riders:

- If a child must cross the street in front of a bus, teach the child to be at least 10 feet away from the bus at all times.
- Teach children to stand 6 feet away from the curb while waiting for the bus
- Teach children to look for cars when getting off the bus and wait for them to stop
  - Never assume a car will stop

##### Walkers:

- Ensure children know how to cross the street safely
- Always cross streets at crosswalks and intersections
- Walk on the sidewalk or against the flow of traffic
- Teach kids what to do if approached by strangers
- Avoid distracted walking

##### Bicycles:

- Teach kids to follow the rules of the road while on a bicycle
- Always wear a Helmet on a bicycle



## Playground Safety:

- Ensure your school has a person to supervise the playground
- To avoid strangulation, do not allow kids to wear necklaces or pull strings
- Be watchful for sharp edges or any other hazard on the playground equipment

DID YOU KNOW???

The ASSP will pay for your registration fee for one year if you successfully recruit at least 5 new members using your member ID?

CHAPTER OFFICERS &	COMMITTEE CHAIRS
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NEWSLETTER WRITER / EDITOR Laura Casey CSP, CHST, EMT-P	PAST PRESIDENT Ed Zimmer







**CONNECTICUT SAFETY SOCIETY**  
**25th ANNUAL CHARITY GOLF OUTING**  
 Tuesday September 29, 2020

**Tuesday September 29, 2020**

**9 AM tee off – Scramble Format and Charity Event**

***All playing abilities welcome - Open to the public***



***Stanley Golf Course, New Britain, CT***

**>>PROCEEDS WILL BE DONATED TO THE CTFOODBANK AND FOODSHARE of CT.**

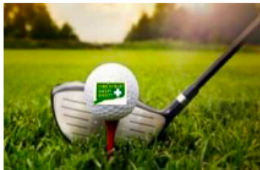
**TIME: Registration starts at 7:30 AM – Tee off at 9 AM**

**\$130 per person for Golf and Networking**

**These are great reasons to participate!**

**18 HOLES W/CART, Range Balls, LUNCH and PRIZES!**

**CSS Wind Shirts will be issued to all players for our 25<sup>th</sup> Celebration!**



**SPONSORSHIPS:**

*ACE Sponsor \$600: Advertising and 4 golf reservations*

*Eagle Sponsor \$350: Advertising and 2 golf reservations*

*Birdie Sponsor \$225: Advertising and 1 golf reservation*

*Donations of raffle prizes and giveaways are always welcome!*

**Sponsors**

**American Safety and Supply**

**Industrial Hearing Testing**

**CDR Insurance**

**Torchlight Graphics**

**Flying Pigs Racing for "Survive the Drive"**

**ESPN**

**Berlin Steel**

Contact Dave Gelpke for all reservations or sponsorships:

860-736-6491 (leave a message) or [dave9@cox.net](mailto:dave9@cox.net)

*For over 75 years The Connecticut Safety Society's mission is  
 To promote Occupational Safety and Health at work and at home.*

