**Holiday Giving**

Social Services had a busy holiday season. With the generous support of the East Hampton Police Department, the Public Library, Rotary Club, Lion’s Club, and the residents of East Hampton, we were able to provide sacks of toys and gifts to 40 families. We could not have done this without the help of our community partners. The Department thanks you!

**MEET OUR CLINICIANS**

Social Services is lucky to provide free therapeutic counseling to the residents of East Hampton, including Cobalt and Middle Haddam. Residents who would like to utilize this service can call us directly at 860-267-9982 to do an intake referral over the phone. When the intake is completed, we give it to the appropriate counselor who then makes contact with the client, typically within 24-48 hours of receiving the intake. The counselor will then begin the process of setting clients up with their initial visit and future therapy schedule.

**WE MISS JIMMY!**

We recently said goodbye to James Olsen, who served as the Prevention Coordinator for the town of East Hampton for the last four years. James was an integral part of the Prevention Program and did so much for the youth in town. While we await the arrival of a new Prevention Coordinator, we will continue to abide by the partnership’s mission, which is to reduce substance use among youth.
LISTEN TO YOUR HEART

February is National Heart Month. Each February millions of Americans are encouraged to adopt healthy lifestyles that help prevent heart disease. Heart disease is the leading cause of death in the U.S. According to the Center’s for Disease Control and Prevention, one person dies every 36 seconds in the U.S. from cardiovascular disease. Younger adults are developing symptoms earlier because of lifestyle habits that lead to heart disease.

Developing healthy habits can help reduce the risk for cardiovascular disease. Eating healthy; quitting smoking; monitoring cholesterol; maintaining a healthy weight, and consuming alcohol in moderation are all things you can do to help reduce your risk.

AND THEY CALL IT PUPPY LOVE

The saying “This place has gone to the dogs” takes on a whole new meaning when it comes to Valentine’s Day. According to a reliable source, the Internet ...wink, wink...apparently, more than 9 million people in the U.S. buy their dogs gifts or cards for Valentine’s Day.

BLACK HISTORY MONTH

A FEW FUN FACTS

- Nat King Cole was the first black American to host a television show.
- “The President’s Daughter” was the first novel published by an African American in 1853. The author’s name is William Wells Brown.
- Gabby Douglas became the first black gymnast in 2012 to win the individual all-around title.