



September
2024

Monthly Newsletter

Your Health Matters

Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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Falls Prevention Month



One in four Americans age 65+ fall each year. In 2021, falls caused 38,000 deaths among those age 65+, and emergency departments reported 3 million visits due to older adult falls. Falls can impact the quality of life physically and mentally. Many older adults fear falling and, as a result, limit their activities and social engagements. This can result in physical decline, social isolation, depression, and feelings of helplessness.

- Get screened for [osteoporosis](#) - diminished bone density as you age which can increase your risk of fractures.
- Do strength and balance exercises. For example, [Project Healthy Bones](#) or Tai Chi.
- Have your eyes checked.
- Make your home safer - [Falls Prevention at Home Checklist](#).

[LEARN MORE](#)



Get Ready Day

September 17th

Held each year on the third Tuesday in September, American Public Health Association's Get Ready Day is timed to coincide with National Preparedness Month.

[LEARN MORE](#)

World Alzheimer's Day September 21st

World Alzheimer's Day is an international opportunity to raise awareness, and encourage support and understanding of dementia especially in correlation with Alzheimer's. Nearly 7 million people in the US are living with Alzheimer's.

[LEARN MORE](#)

Family Support Groups offer caregivers a safe space to share feelings and concerns, discuss challenges, and learn about available resources. These support groups are free and open to the community.

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Local & State Highlights

Fox Problems?

Just seeing a fox, or even possibly a coyote, is not by itself cause for concern. These animal populations have grown and can be found throughout NJ. It is important to remember that both foxes and coyotes have adapted to live in the suburbs alongside humans and are normally not aggressive.

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FOX FAQ's

HEALTHY FOXES POSE VIRTUALLY NO DANGER TO HUMANS!
FOXES CAN GROW ACCUSTOMED TO HUMAN ACTIVITY BUT ARE SELDOM AGGRESSIVE TOWARD PEOPLE. ELIMINATING HEALTHY FOXES IS NOT WARRANTED BASED SOLELY ON HUMAN SAFETY CONCERN.

What can you do to discourage a fox from becoming a fixture in your backyard?

- Remove potential food and water sources, such as pet food and bowls.
- Eliminate fruit on the ground from fruit trees, bird seed on ground from feeders.
- Keep pets indoors at night.
- Supervise pets when outdoors during the day.
- Scare them! They are afraid of humans, make noise!
- Coyote urine is a natural fox deterrent and may be found at garden centers.
- Balloons are very scary to foxes, especially when they move in the breeze. Punch balloons are inexpensive and hardy, and a small handful of beads or pebbles placed inside before inflating will make scary noises.

How do I know if a fox is sick?

- It is normal for foxes to be out and about during the day, so that alone is not cause for concern.
- If you see any of the following behaviors below, contact Animal Control at 908-722-1271:
 - Aggressive behavior
 - Unsteady gait or inability to move well
 - Circling or staggering as if drunk
 - Being unafraid of humans

What about mange?

- Mange is a parasitic infection that results in patchy or entire hair loss.
- The fox may be biting or scratching its skin.
- May be mistaken for a rabid fox due to sickly appearance and lack of fear.
- Mange can be spread to dogs through direct contact with the fox or its den.

CAN FOXES BE RELOCATED?

- Foxes are not displaced guests in the suburbs, they are part of the normal landscape.
- Only the NJ Division of Fish and Wildlife is authorized to remove foxes and relocate them.

Blood Pressure Screenings Free for Residents

September 5 & 19 | Garwood Seniors |
Knights of Columbus, 36 South Ave,
Garwood | 11:30 AM - 12:30 PM

September 10 | Mountainside Seniors |
Town Hall Rt 22 West | 9:30 AM - 10:30 AM

September 24 | Casano Center &
Roselle Park Library | 11:30 AM - 1:00 PM

How Clean is Your Favorite Restaurant?

Retail Food Inspections

Westfield Regional Health Department requires restaurants and shops selling food in town to post their most current evaluation placard (Satisfactory, Conditional Satisfactory, or Unsatisfactory) near the main entrance where they are visible to patrons.

What do placards mean?

Satisfactory Rating (white placard with black border):

The issuance of satisfactory posting reflects overall compliance with sanitary regulations.

Conditionally Satisfactory Rating (yellow placard):

A Conditional Satisfactory posting is issued when violations at an establishment are not an immediate health threat. The establishment has 30 days to address the violations before a reinspection.

Unsatisfactory Rating (red placard):

The issuance of an Unsatisfactory rating signifies violations posing an immediate threat to public health. The establishment is urged to shut down voluntarily to rectify the violations. If non-compliant, court action is taken to close the establishment until the violations are corrected.

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3 Suicide Prevention Month

September is Suicide Prevention Month. This month serves as a powerful reminder that there are steps we must all take in looking out for loved ones, the people in our community, and those who have been impacted by this leading cause of death.

It's a time to raise awareness, foster understanding, and offer support to those who may be struggling. It is crucial to engage in open conversations about mental health, dispelling the stigma that often surrounds it. By educating ourselves and others about the signs of suicidal thoughts and behaviors, we can become more adept at recognizing when someone is in need of help.

[LEARN MORE](#) 

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

SEPTEMBER SUICIDE PREVENTION

AWARENESS MONTH



Mental Health Resources

Morris County:

The following hospitals provide 24-hour, seven days a week crisis intervention, psychiatric emergency service, clinical consultation, counseling referrals and, when appropriate, hospitalization to children and adults.

- **Saint Clare's Hospital:** Pocono Road, Denville, NJ 07834. Psychiatric Emergency Services: 973-625-0280
- **Chilton Memorial Hospital:** 97 West Parkway, Pompton Plains, NJ 07444. Crisis Intervention Services: 973-831-5078
- **Morristown Memorial Hospital/Atlantic Behavioral Health:** 100 Madison Avenue, Morristown, NJ 07962. Crisis Intervention Services: 973-540-0100

Union County:

Psychiatric emergency screeners at Trinitas, Overlook or Rahway will assess your situation over the phone and determine the proper course of action.

- **Trinitas:** 908-994-7131
- **Overlook:** 973-831-5078
- **Rahway:** 732-381-4949

Esperanza Union County Wellness Center promotes wellness and recovery for Spanish-speaking individuals in recovery from mental illness. **201-275-0207**

State & National Resources:

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. **1-800-662-HELP (4357)**

Caring Contact is devoted to promoting emotional wellbeing and preventing emotional crises by providing opportunities for people to express themselves to compassionate listeners in a safe environment. **908-232-2880**

NAMI National Alliance on Mental Illness 1-800-950-6264

Mental Health Association in NJ, Inc. (866) 202-HELP (4357)

Emergency Hotlines:

Suicide and Crisis Hotline
Dial 988

NJ Hopeline
Call 1 (855) 654-6735

Crisis Text Line
Call 1 (855) 654-6735

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American
Foundation
for Suicide
Prevention

I'm
Listening

**OUT OF THE
DARKNESS**



Out of the Darkness Walk Morris County

When: September 14, 2024

Where: Cougar Field, Chatham, NJ

American Foundation for Suicide Prevention's Out of the Darkness Walks raise awareness and funds that go toward education programs, advocacy efforts, and scientific research that reveals how we can save more lives. By walking with others, we find comfort in knowing we are not alone, and that we are connected through great purpose to healing and support.

 **REGISTER NOW**

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Disease Update

Listeriosis

The recent outbreak of Listeriosis in deli meats has raised significant concern.

Listeria are bacteria that can contaminate many foods. People who eat those foods can get infected with Listeriosis.

Listeriosis is most likely to sicken people who are pregnant and their newborns, adults aged 65 or older, and people with weakened immune systems. Other people can be infected, but they rarely become seriously ill.

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Head Lice

Back to school should be an annual reminder to parents about the importance of routine head lice screening and prevention. 6-12 million kids between 3-11 years old get head lice yearly in the US.

What are head lice?

Head lice are small parasitic insects. These insects feed on human blood and live scalp and hair. They can be found behind the ears, neck, eyebrows, and eyelashes. Head lice do not carry any disease.

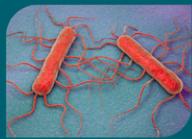
Who is at risk? How does it spread?

Everyone can get lice. It is common to find head lice in children because of their daily interaction with others. Head lice spreads by direct head-to-head contact or by sharing items that touch hair (hair accessories, hats, brushes, etc.) **Head lice do not fly, swim, jump, or hop.**

[LEARN MORE >>](#)

Listeriosis

Listeriosis is a serious infection usually caused by eating food contaminated with the bacterium *Listeria monocytogenes*. CDC estimates that Listeria is the third leading cause of death from foodborne illness in the United States.



Symptoms of Listeria invasive illness:

Invasive means bacteria have spread beyond the intestines (gut).

- Fever
- Flu-like symptoms, such as muscle aches and fatigue
- Headache
- Stiff neck
- Confusion
- Loss of balance
- Seizures

Symptoms of Listeria intestinal illness:

- Diarrhea
- Vomiting

Who is most at risk?

- Pregnant women are 10 times more likely than other people to get Listeria infection (CDC).
- Adults who are 65 years and older are 4 times more likely than other people in the United States to get Listeria infections (CDC).
- People with weakened immune systems due to medical conditions, such as cancer, diabetes, liver or kidney disease, alcoholism, and HIV or AIDS (CDC).

You can take steps to prevent Listeria:

- Do not eat recalled products. Throw them away or contact stores about returns.
- Clean your refrigerator, containers, and surfaces that may have touched contaminated food.
- People at higher risk should avoid eating meats sliced at the deli or heat them to an internal temperature of 165°F or until steaming hot before eating (CDC).

Know which foods are more likely to be contaminated with Listeria and choose safer food options.

Listeria can be difficult to fully remove from food processing facilities. If a facility has Listeria germs, the germs can spread to food that touches contaminated equipment or surfaces. Listeria can also spread from contaminated food to surfaces. The good news is that Listeria is easily killed by heating food to a high enough temperature. Foods more likely to be contaminated:



Follow the Clean, Separate, Cook, and Chill guidelines.



Stay up to date on foodborne outbreaks and food recalls.



What should I do if I ate a food that may have been contaminated with Listeria?

Contact a healthcare provider if both of the following things apply to you:

- You ate food that has been recalled or linked to an outbreak.
- You have a fever and other symptoms of listeriosis, such as fatigue and muscle aches.

Let the healthcare provider know if you ate possibly contaminated food. This is especially important if you are pregnant, aged 65 or older, or have a weakened immune system.

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Prevention

Control the Spread of Head Lice

- Avoid head-to-head contact during play.
- Do not share clothing (hats, hair ties, coats, scarves, etc.).
- Do not share combs, brushes, or towels.
- Do not lie on beds, couches, pillows, or carpets that have recently been in contact with a person infested with head lice.
- Vacuum the floor and furniture, particularly where the infested person sat or lay.

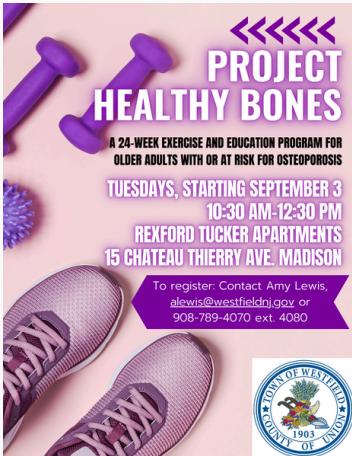
[LEARN MORE >>](#)

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Upcoming Events & Resources

Free In-Person Training & Naloxone Nasal Spray Kits | Wednesday, September 18 at 7:00pm | Library of the Chathams - 214 Main Street, Chatham

Rutgers Robert Wood Johnson Medical School and The Division of Mental Health and Addiction Services have partnered together to offer this FREE activity and service. Learn how to use Naloxone in an emergency overdose situation and save lives! [Click or scan the QR code for more information or to register.](#)



Project Healthy Bones | 24-Week Program for Older Adults with Osteoporosis | Rexford Tucker Apartments - 15 Chateau Thierry Ave., Madison | Tuesdays, starting September 3 from 10:30am - 12:30pm

Osteoporosis is a disease that thins and weakens bones, making them more likely to break. These exercises target the body's larger muscle groups to improve strength, balance, and flexibility. [Click flyer to learn more.](#) To register: Contact alewis@westfieldnj.gov or 908-789-4070 x4080

Diabetes Self-Management Program | 290 Broad St., Summit | Six sessions every Thursday starting September 26 - October 31 | 1:00pm - 3:30pm

Stanford University's Diabetes Self-Management Program (DSMP) is a six session, 2 ½ hour workshop designed for people with diabetes. During the course, participants will learn practical ways to deal with stress and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with their doctor and family about their health. [Click flyer to learn more.](#) To register: Contact alewis@westfieldnj.gov or 908-789-4070 x4080

TAKE CONTROL OF YOUR HEALTH

THE DIABETES SELF-MANAGEMENT PROGRAM

Stanford University Diabetes Self-Management Program (DSMP) is a six session, 2 ½ hour workshop designed for people with diabetes. During the course, participants will learn practical ways to deal with stress and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with their doctor and family about their health.

The interactive curriculum will address topics such as managing symptoms, understanding diabetes, blood glucose monitoring, blood sugars and preventing complications, handling stress and difficult emotions, making a plan for healthy eating and safe exercise, communication, better self-care, and more.

WORKSHOP DATES & TIME:
THURSDAYS, SEPTEMBER 26, 2024 - OCTOBER 31, 2024
1:00 PM - 3:30 PM

LOCATION:
SAGE ELDERCARE
290 BROAD STREET
SUMMIT, NJ 07901

REGISTRATION FOR THIS PROGRAM IS REQUIRED. SEATS ARE LIMITED.
TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT AMY LEWIS AT
alewis@westfieldnj.gov OR 908-789-4070 EXT. 4080 BY SEPTEMBER 25, 2024.

