



Monthly Newsletter

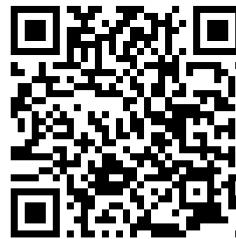
# Your Health Matters

December

2024

## Westfield Regional Health Department

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



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### Follow WRHD on Social Media!



The Westfield Regional Health Department is pleased to announce the launch of its official Instagram and Facebook accounts, creating new ways for residents and business owners across the region to access valuable health information, resources, and updates. This initiative is part of a broader outreach program aimed at empowering the community to lead healthy and productive lives in New Jersey.

Through these new platforms, the Health Department will share timely updates, health tips, preventive care guidance, and resources on a range of topics, including seasonal health concerns, vaccination information, mental health resources, and more.



[@Westfield Regional Health Dept.](#)



[@westfieldregionalhealthdepart](#)



### Blood Pressure Screenings Free for Residents

**December 5** | Garwood Seniors | Knights of Columbus, 36 South Ave. | 11:30am - 12:30pm

**December 10** | Mountainside Seniors | Town Hall, Rt. 22 West | 9:30am - 10:30am

**December 31** | Roselle Park Seniors | Casano Center, 314 Chestnut St. & Roselle Park Library, 404 Chestnut St. | 11:30am - 12:30pm

### Impaired Driving Prevention Month Drive Safe this Holiday Season

December is Impaired Driving Prevention Month. About 37 people die daily in the U.S. due to impaired drivers, totaling nearly 12,000 annually. These numbers typically increase during the holiday season. Preventing impaired driving begins with awareness and taking responsibility.

**1)** Designate a sober driver or use ride-share apps.

- 2)** Know the risks of drugs, which includes prescription drugs and over-the-counter medications, that can impair driving.
- 3)** Be a responsible host and make sure your guests have a safe way of getting home.
- 4)** Look out for impaired drivers and report drivers exhibiting dangerous behavior to local authorities.

LEARN MORE



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## 2024 Newsletter Recap

As we end the year 2024, here is a highlight of all the topics we focused on in our newsletter this year.



**JANUARY**

Dry January, Cervical Health Awareness, National Blood Donor

**FEBRUARY**

American Heart Month, Wear Red Day, Maintaining Mental Health in the Winter, COVID-19 and Flu Cases

**MARCH**

Colorectal Cancer Awareness, Colon Cancer Rising in Young Adults, Norovirus Cases Increase, Vital Statistics Highlight

**APRIL**

National Public Health Week, PH Nursing Highlight, Pet Licensing, Alcohol Awareness, Increase in Whooping Cough and Measles

**MAY**

Preventative Care, National Nurses Week, Melanoma Awareness, REHS Highlight, Mental Health Awareness, Tick-Borne Illness Prevention

**JUNE**

Summer Safety, Heat-Related Illness, Health Educator Highlight, LGBTQ+ Resources, Men's Health Awareness, Mosquito-Borne Illnesses Prevention

**JULY**

4th of July Safety, Grilling Safety, Hepatitis Day, Health Officer Highlight, Driving Safe This Summer, Healthy Vision, Poison Ivy, Bird Flu

**AUGUST**

Immunization Awareness, Farmers Market Week, National Night Out, Emergency Preparedness, Dengue Virus, COVID-19 Summer Surge

**SEPTEMBER**

Falls Prevention Month, Alzheimer's Day, Fox Problems, Retail Food Inspections, Suicide Prevention, Listeriosis Outbreak

**OCTOBER**

Flu Season, Updated COVID-19 Vaccine, Whooping Cough, West Nile Virus, RSV Vaccine, Substance Misuse Awareness, Breast Cancer Awareness, Healthy Halloween

**NOVEMBER**

Thanksgiving Food Safety, Flu, COVID & RSV Vaccines, Measles Cases in NJ, Rodent Control, Diabetes Awareness, The Great American Smokeout

## 3 Healthy Holiday Eating Tips



### 1 Eat until you are satisfied, and not stuffed.

It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break.

### 2 Stay hydrated.

The festive season often involves increased activity, richer foods, and more alcohol consumption, which can easily lead to dehydration.

### 3 Add color.

Seasonal fruits and vegetables can bring a healthy holiday spirit to your meals, snacks, and party dishes. Consider using apples, dates, leafy greens, pumpkin, root vegetables, sweet potatoes, and winter squash.

### 4 Stay active.

Physical activity can help you digest your food better and reduce stress.

### 5 Don't skip meals.

Skipping meals can lead to overeating.

[LEARN MORE >>](#)

## Tips to Avoid Getting Sick

### Healthy Winter Habits



**Make sure to wash your hands:** The first week of December marks National Handwashing Awareness Week, reminding us that proper hand hygiene is crucial in preventing illness.



**Get enough sleep:** Sleep is important for your immune system, and not getting enough can make you more likely to get sick.



**Eat healthy meals:** A healthy diet helps your body fight off illness. You can also try increasing your vitamin C and vitamin D intake.



**Avoid touching your face:** People who touch their eyes and nose are more likely to get upper respiratory infections.



**Be cautious of surfaces that are commonly touched:** Surfaces such as gas pumps, ATMs, grocery carts, door handles, and similar objects can carry many germs. Consider using latex gloves or applying hand sanitizer for added protection.

[LEARN MORE >>](#)

## World AIDS Day

### Together Against HIV



On December 1, we join communities worldwide to observe World AIDS Day, remembering the more than 32 million lives lost to AIDS-related illnesses. This day is a time to reflect, share experiences, and unite in the fight against HIV.

[LEARN MORE >>](#)

## Get Your Flu Shot!

### December 2-6, 2024 is National Influenza Vaccination Week

There's still time to benefit from getting a flu vaccine this season for everyone 6 months and older.



## 4

## Upcoming Events & Resources

**Madison Free Rabies Clinic | December 7, 2024 | 10am - 12pm | Madison Volunteer Ambulance Corps - 29 Prospect Street**

*Protect your pet and make sure they are up to date with their rabies shot. Hosted by the Westfield Regional Health Department and Borough of Madison, get a free rabies shot for your furry friend and make sure your pet is licensed with the town.*



## TAKE CONTROL OF YOUR HEALTH

### THE DIABETES SELF-MANAGEMENT PROGRAM

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 about their health.



**WORKSHOP DATES & TIME:**  
FRIDAYS, JANUARY 3, 2025 – FEBRUARY 7, 2025  
10:00 AM - 12:30 PM

**LOCATION:**

Westfield Memorial Library, Local History Room, 2nd Floor  
550 East Broad Street  
Westfield, NJ 07090

**REGISTRATION FOR THE 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 January 2, 2025



**Take Control of Your Health: Diabetes Self-Management Program | Fridays, January 3 - February 7, 2025 | Westfield Memorial Library, 550 E Broad St.**

*This six-session, interactive program is designed for people with diabetes. Participants will learn practical ways to deal with stress fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about their health.*

*To register or for more information contact Amy Lewis at alewis@westfieldnj.gov OR 908-789-4070 Ext. 4080 by January 2, 2025.*

**Mayors Wellness Campaign Advisory Committee of the Chathams: Runner's Club**

*Run with Chathams Runner's Club sponsored by Mayors Wellness Campaign Advisory Committee of the Chathams. Runners of all skill levels are welcome and encouraged to participate in the 2-3 mile run that supports building a healthy Chathams. The running pace will be a slow jog and supportive of everyone's running abilities. [Click the flyer for more information on dates, time, and the location of each run.](#)*

## CHATHAMS MAYOR'S WELLNESS



**WHEN** – Third Saturday of each month

- ↗ September 21
- ↗ October 19
- ↗ November 16
- ↗ December 21

**TIME** – 8:00 AM to 9:30 AM

**LOCATION** – SHEPARD KOLLOCK PARKING LOT

RUN WITH THE CHATHAMS RUNNER'S CLUB! RUNNERS OF ALL SKILL LEVELS ARE WELCOME AND ENCOURAGED TO PARTICIPATE IN THE 2-3 MILE RUN THAT SUPPORTS BUILDING A HEALTHY CHATHAM. THE RUNNING PACE WILL BE A SLOW JOG AND SUPPORTIVE OF EVERYONE'S RUNNING ABILITIES. MEET UP IN THE SHEPARD KOLLOCK PARKING LOT.

MAYORS WELLNESS CAMPAIGN.