



June

2025

Westfield Regional Health Department

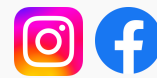
Your Health Matters

Monthly Newsletter

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



Scan to access
newsletter online



Follow us!

1 Men's Health Month

2 Disposal of Home Generated Medical Waste & Medications

3 Alzheimer's & Brain Awareness Month

4 Tick Safety
Recipe of the Month

1 June is Men's Health Month

June marks National Men's Health Month—a timely opportunity to bring attention to an often-overlooked topic: men's mental health. It's a subject many men hesitate to discuss, which is exactly why it has become a silent epidemic affecting families, workplaces, and communities across the country.

In recent years, rates of depression and suicide among men have risen sharply. The [American Foundation for Suicide Prevention](#) reports that men are nearly four times more likely than women to die by suicide, and over 6 million men in the U.S. experience symptoms of depression each year. Despite these alarming figures, a recent survey found that 49% of men admitted to feeling more depressed than they let on to others.

Stigma, fears of judgment, and cultural expectations often prevent men from seeking the mental health support they need.

[LEARN MORE](#)



Notice the Warning Signs of Depression

According to [Families for Depression Awareness](#), signs of adult depression – which are changes from how the person usually is – may include:

- Talking very negatively or expressing hopelessness.
- Acting without concern for others.
- Abusing alcohol or drugs.
- Withdrawing from family and friends.
- Problems concentrating, making decisions or remembering.
- Talking suddenly about separation or divorce.
- Complaining of physical aches and pains.
- Eating too little or too much.
- Sleeping too much or too little.

[LEARN MORE](#)

Be Mindful of Your Mental Health

Men with depression often aren't diagnosed for several reasons, including:

- Failure to recognize depression.
- Downplaying signs and symptoms.
- Reluctance to discuss depression symptoms.
- Resisting mental health treatment.

2

Disposal of Home Generated Medical Waste & Medications

Over-the-counter and prescription medications should never be poured down the drain, as wastewater treatment systems aren't equipped to filter out pharmaceutical compounds. These substances can make their way into local waterways—and even your drinking water. Properly disposing of expired or unused medications in the trash helps protect aquatic ecosystems and reduces the risk of accidental poisoning or intentional misuse. Used needles and other sharps pose serious risks to both people and pets if not disposed of properly. They can cause injuries and transmit infections that may lead to severe health problems. Safe disposal is essential to protect public health and safety.

LEARN MORE

Safe & Secure Medicine Disposal

Safe & Secure
Medicine Disposal

WHERE CAN I DROP OFF MY UNUSED MEDICATION?

Drop off unused/unwanted/expired over-the-counter or prescription medications anonymously 24 hours a day, 365 days a year, no questions asked.

Police Department Locations:

- Fanwood-75 North Martine Ave.
- Garwood-403 South Ave.
- Madison-62 Kings Rd.
- Mountainside-1385 Rt. 22
- Roselle Park-110 East Westfield Ave.
- Summit-512 Springfield Ave.
- Westfield-425 East Broad St.

NO

- NEEDLES
- SYRINGES
- LIQUIDS

Feel free to
remove or black
out your personal
information



LEARN MORE

Take Action: What to Do With Used Sharps



Westfield Regional Health Department

What to Do with Unused Sharps
in NJ



Improper disposal of needles and syringes may cause risks to others. Used needles and syringes can transmit HIV, hepatitis B, hepatitis C and other diseases.

Loose needles, syringes and other medical sharps should be collected in heavy-duty plastic containers. Some hospitals accept used needles and syringes when put in containers using the steps listed.

Do's + Don'ts



- Don't flush them down the toilet, place in recycling bins or in household garbage.
- Don't use coffee cans as plastic lids can come off easily.
- Don't try to remove, bend, break or recap needles.
- Do place used syringes and needles into an FDA-approved sharps container, such as a laundry detergent or bleach bottle. The bottle should be sturdy, puncture-resistant and should not leak.
- Do screw the lid on tightly, seal it with duct tape, label the container as "Do Not Recycle-Contains Sharps" and place it in the garbage.



For More Information

- New Jersey Public Health and Food Protection Program: 609-826-4935
- The US Food & Drug Administration (FDA)
- Safeneedledisposal.org

westfieldnj.gov/health Follow us on social media

LEARN MORE

3

Alzheimer's & Brain Awareness Month

Ways to Promote Brain Health and Join the Fight

Globally, over 55 million people are living with Alzheimer's or another form of dementia. In the U.S., two-thirds of adults have at least one significant risk factor for developing the disease. Now is the time to take action—for yourself, your loved ones, and the ongoing fight to end Alzheimer's.



What steps will you commit to taking this month to support brain health and raise awareness?

Take Charge of Your Brain Health Today

It's always the right time to take steps toward better brain health—whether you're just getting started or looking to make positive changes later in life. Learn more about how to support brain function and what to do if you or a loved one is experiencing memory concerns.

Research shows that healthy lifestyle choices—such as regular physical activity and quality sleep—can help lower the risk of cognitive decline. Try incorporating some (or all!) of these [10 Healthy Habits](#) into your routine, and consider sharing them with a friend or family member.

[LEARN MORE](#) >>

5 Surprising Facts About Alzheimer's Disease

1. A Growing Global Challenge

Currently, an estimated 47 million people worldwide are living with Alzheimer's or other forms of dementia. Without significant breakthroughs, that number is expected to rise to 76 million by 2030.

2. Time Matters

In the United States, someone develops Alzheimer's disease every 65 seconds—highlighting the urgent need for awareness, research, and action.

3. The Unseen Workforce

More than 16 million Americans provide unpaid care for family members or friends with Alzheimer's or other dementias, offering critical support while often facing emotional and financial strain.

4. A Leading Cause of Death

Alzheimer's is the sixth leading cause of death in the U.S. Of the 6.2 million Americans living with the disease, the vast majority are over the age of 65.

5. A Devastating Toll

Alzheimer's and other dementias are responsible for one in three deaths among seniors—claiming more lives than breast cancer and prostate cancer combined.

4 Tick Safety

To ensure your safety from ticks and tick-borne diseases, take these preventive measures.

Follow These Tips

- **Use insect repellent**

Apply EPA-registered repellents containing DEET, picaridin, or other approved ingredients on exposed skin and clothing.

- **Wear protective clothing**

Wear long sleeves and pants, tucking your pants into your socks and shirt into your pants. Consider wearing light-colored clothing to help spot ticks easily.

- **Treat clothing with permethrin**

Use products containing permethrin to treat clothing and gear, as it remains protective through several washings.

- **Avoid tick habitats**

Stay away from grassy, brushy, or wooded areas and walk in the center of trails.

- **Check for ticks**

Inspect your body, clothing, gear, and pets for ticks after being outdoors.

- **Shower promptly**

Shower within two hours of coming indoors to help wash off unattached ticks and perform a tick check.

- **Check your yard**

Remove high grass, brush, and leaf litter from around your house to reduce tick populations.

- **Manage deer**

Consider keeping deer out of your yard, as they can carry ticks.

- **Wash clothes in hot water**

Tumble dry clothes on high heat for 10 minutes or wash them in hot water to kill ticks.



[LEARN MORE](#) >>

Recipe of the Month

Asian-Inspired Pasta Salad with Asparagus, Snow Peas, and Avocado

This Asian fusion pasta salad bathes crunchy vegetables in a sweet, tangy dressing.



[LEARN MORE](#) >>