



August
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



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National Breastfeeding Month**

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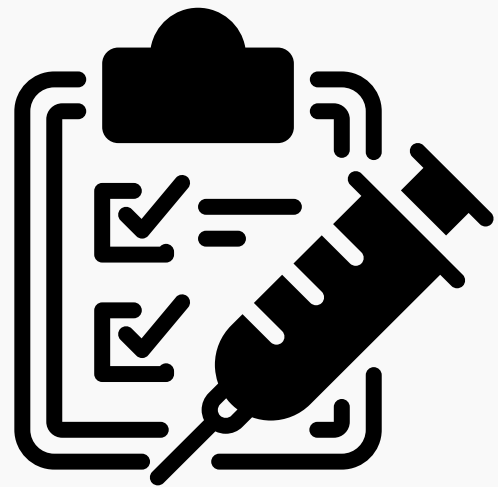
**4 Upcoming Events
Recipe of the Month**

1 August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is observed every August to highlight the importance of vaccinations for people of all ages. It's a time to remind everyone to check their vaccination status and ensure they are up-to-date on recommended vaccines, which protect against serious, sometimes deadly, diseases, according to the CDC.

Vaccinations are important throughout life, from infancy to older adulthood. The Westfield Regional Health Department offers free vaccines for uninsured children or children with Family Care Plan A for those residing in Westfield, Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit and Madison. We also offer free vaccines for uninsured adults living anywhere in NJ.

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The Westfield Regional Health Department is currently offering free vaccinations

1. Adult Vaccines provided include:

COVID-19
Hepatitis A
Hepatitis B
HPV
Influenza (in season)
Measles, Mumps, Rubella (MMR)
Meningococcal (MenB & MCV4)
Pneumococcal pneumonia (PCV20)
Polio (IPV)
Shingles
Td
Tdap
Varicella



2. To be eligible individuals must be non-insured or have insurance that does not provide coverage for vaccines. Proof of citizenship is not required.



Please [click here](#) or scan the QR code to schedule an online appointment. Appointments are not confirmed until a phone call or email is received.

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2

National Breastfeeding Month

Breastfeeding Awareness Month is observed annually in August. It is a time to promote the benefits of breastfeeding for both mothers and babies, and to provide support and resources for breastfeeding families.

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Benefits of Breastfeeding

For Mom

- Mothers who are breastfeeding burn extra calories each day, helping them return to their pre-pregnancy weight quicker.
- Women who have breastfed have lower rates of developing breast and ovarian cancer.
- Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.

For Baby

- Breast milk is rich in nutrients and the perfect natural food for babies. Breastfed babies are also less likely to become obese.
- Antibodies in breast milk help babies fight off viruses and bacteria, while protecting them from various infections.
- Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.

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World Lung Cancer Day

Observed annually on August 1, World Lung Cancer Day is a global effort to raise awareness about lung cancer, its effects, and the importance of prevention, early diagnosis, and innovative treatments. The day aims to educate the public about key risk factors—including smoking, air pollution, and workplace exposures—while also promoting research and advocating for better access to care. It offers a platform to support those impacted by lung cancer and highlights the urgent need for collective action in addressing this serious disease.



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3

International Overdose Awareness Day

August 31 is recognized as International Overdose Awareness Day the world's largest annual campaign to end overdose, remember those we have lost to an overdose, acknowledge the grief of the family and friends left behind, and renew our commitment to end overdose and related harms.

The campaign raises awareness of overdose, which is one of the world's worst public health crises and stimulates action and discussion about evidence-based overdose prevention and drug policy.

What Are the Signs of Overdose & Overdose Symptoms?

- Dilated pupils, nausea or vomiting, headache, chest pain.
- Seizures, convulsions or tremors, blue lips or fingers, abnormally high body temperature.
- Severe difficulty breathing, shallow breathing, or complete cessation of breath.
- Gurgling sounds that indicate the person's airway is blocked.
- Violent or aggressive behavior, paranoia, agitation.
- Disorientation or confusion, unresponsiveness, unconsciousness.
- Death.

Types of Drugs

Depressants and Opioids

A depressant is a drug that slows the vital activities of the body including breathing and the heart rate.

- [Barbiturates Drug Factsheet](#)
- [Benzodiazepines Drug Factsheet](#)

Opioids, slow the central nervous system to produce a calming effect.

- [Fentanyl Drug Factsheet](#)
- [Heroin Drug Factsheet](#)

When taken in excess amounts or in combination, they can depress normal functions such as breathing and heart rate until breathing and the heart rate eventually stop.

Stimulants

Amphetamine overdose increases the risk of a heart attack, stroke, seizure or drug induced psychotic episodes.

- [Amphetamines Drug Factsheet](#)
- [Cocaine Drug Factsheet](#)

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4 Upcoming Events



**Lead Testing:
Consumer Products Check**

Worried about lead in everyday items?
Bring your consumer products to a free lead testing event hosted by the Westfield Regional Health Department. Some common consumer products that may have lead include:

- Toys
- Antique Houseware & Kitchenware
- Spices
- Imported items within these categories

Thursday, August 7, 2025 6-7pm
Fanwood Memorial Library
5 Forest Rd
Fanwood, NJ

Tuesday, August 12, 2025 2-4pm
Westfield Health Department
425 E. Broad St (3rd floor)
Westfield, NJ

Walk-ins welcome. No registration needed.

*Event hosted by Westfield Regional Health Department for educational purposes only.

BONE DENSITY SCREENING

This screening includes an ultrasound of the wrist or foot heel bone to assess risk of fracture and future or current osteoporosis.

- Tuesday, August 19, 2025
- 11 am-2 pm
- DeCorso Center, 15 E 4th St., New Providence
- Must be age 35 and older
- This screening test is not appropriate for people who have already been diagnosed with osteoporosis
- Open to Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, Westfield residents

To register: 

www.westfieldnj.gov/health

PROJECT HEALTHY BONES

A FREE 24-WEEK EXERCISE AND EDUCATION PROGRAM FOR ADULTS WITH OR AT RISK FOR OSTEOPOROSIS OR OSTEOPENIA

TUESDAYS, STARTING SEPTEMBER 2 1:30-3:30 PM

NEW PROVIDENCE PRESBYTERIAN CHURCH
1307 SPRINGFIELD AVE.

To register: Contact Amy Lewis, alewis@westfieldnj.gov or 908-789-4070 ext. 4080

Worried about lead in everyday items?
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DON'T MISS!

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Concerned about your bone health? Join us for a free bone density screening using a quick, non-invasive ultrasound of the wrist or heel to help assess your risk for fractures or osteoporosis.

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Osteoporosis is a disease that thins and weakens bones, making them more likely to break. Project Healthy Bones (PHB) is a 24-week program for adults with or at risk of osteoporosis or osteopenia. PHB exercises target the body's larger muscle groups to improve strength, balance, and flexibility. The interactive educational portion addresses health topics, such as exercise, osteoporosis diagnosis and treatment, medications, nutrition, falls prevention, safe movement, and lifestyle factors related to osteoporosis.

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Recipe of the Month

Grilled Tequila-Lime Chicken with Grilled Asparagus

This summer favorite gets its smoky flavor from the adobo sauce and its tartness from the citrus marinade. The chicken needs some time to soak up the flavors, but it's well worth the wait.



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