



September

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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Recipe of the Month

1 September is Healthy Aging Month

Celebrate this Healthy Aging Month by incorporating habits like exercise, eating healthy food, and getting enough sleep into your daily routine.

Encourage others to stay active and take steps to improve physical and mental health.

Start making a positive change in your lifestyle today. Choose an activity you genuinely enjoy—whether it's playing a sport, exercising, taking regular walks, or adjusting your diet. You can also focus on learning something new, like picking up a sport you've always wanted to try or experimenting with healthy recipes to enhance your meals.

Healthy Aging Month is a time to honor life and embrace the many positive aspects of growing older. As we age, our physical, mental, dietary, and social needs naturally evolve. But that doesn't mean we're powerless. By making intentional choices, you can take control of your well-being and support both a healthy body and a healthy mind as you age.

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Falls Prevention Awareness Week

Falls Prevention Awareness Week is observed on the first day of fall to increase awareness around falls health and injury prevention and raise awareness that falls are preventable.

Many of us have either experienced a fall ourselves or know someone who has. Falls are the leading cause of both fatal and nonfatal injuries among older adults in the U.S. However, by making practical lifestyle changes, participating in evidence-based fall prevention programs, and fostering strong partnerships between healthcare providers and communities, we can significantly reduce the risk of falls in older adults.

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2

National Recovery Month

National Recovery Month is observed every September to raise awareness about mental health and substance use disorders, and to celebrate the progress made by individuals in recovery. It aims to promote and support evidence-based treatment and recovery practices. Recovery Month helps to normalize conversations about mental health and substance use, encouraging individuals to seek help.

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National Suicide Prevention Month

Every September, Suicide Prevention Month serves as a vital reminder to raise awareness, inspire hope, and drive meaningful action on one of today's most pressing mental health challenges.

Individuals, families, and communities need to be empowered with the knowledge, resources, and support needed to talk openly about suicide, recognize warning signs, and seek help when it's needed most.

Start the conversation. Be the difference.

A single, honest conversation—asking someone how they're really doing and being prepared to truly listen—can make all the difference. Because the truth is: no one has to go through this alone. Help is available. Healing is possible. And sometimes, it all begins with just one person reaching out.

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Self-Care Awareness Month

Self-Care Awareness Month, observed in September, is a time to promote the importance of prioritizing one's physical, mental, and emotional well-being.

Self-care is essential for maintaining a healthy and fulfilling life. It helps individuals cope with stress, improve their mood, and prevent chronic diseases. By prioritizing self-care, individuals can become better equipped to handle the challenges of everyday life and contribute positively to their communities.



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3 World Heart Day

One in five people will die early from cardiovascular disease (CVD), which claims more lives than cancer and chronic respiratory diseases combined. Up to 80% of premature cardiovascular disease deaths are preventable through affordable access to care, early screening, and more opportunities to make healthy choices in nutrition and stay active. **Don't Miss a Beat.** Loved ones around the world are missing out on time they should still have to spend together due to early deaths.

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September is National Preparedness Month

Four key actions you can take to prepare for any disaster you may face:

- **Know your risk**

Know what could happen where you and your family live. This helps you figure out what you need to do to stay safe. You can explore various disasters and emergencies on [Ready.gov](#).

- **Make a family emergency plan**

Making a plan early helps you reduce stress and save time and money. Follow [four easy steps](#) and create a free [Family Emergency Plan](#) quickly and easily with a fillable form.

- **Build an emergency supply kit**

Having enough food, water and medicine can help you stay safe and comfortable until help arrives. Having what you need can also prevent injury and damage to your home. Build a go-bag with all the essentials you might need, so you don't need to scramble in an evacuation situation. Find a list of supplies at [Build A Kit](#).

- **Get involved in your community by taking action to prepare for emergencies.**

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National Food Safety Education Month

According to the CDC, there are about 48 million cases of foodborne illness annually - that's about 1 in 6 Americans getting sick from food poisoning each year, resulting in an estimated 128,000 hospitalizations and 3,000 deaths. By practicing proper food safety, individuals and food establishments can significantly reduce the risk of foodborne illnesses.



- **Wash hands, utensils, and surfaces thoroughly.**
- **Keep raw meats, poultry, and seafood separate from other foods to prevent cross-contamination.**
- **Ensure food is cooked to a safe internal temperature.**
- **Refrigerate perishable foods and leftovers promptly.**

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4

Upcoming Events

FREE IN-PERSON TRAINING & NALOXONE NASAL SPRAY KITS

PREVENT OPIOID OVERDOSE, SAVE LIVES
In case of overdose, use naloxone

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.

TO REGISTER
Scan the QR Code or use the link below:

Monday, September 8
7:00pm

Madison Public Library
39 Keep St., Madison, NJ 07940

<https://tinyurl.com/y376zatc>

Attendees who are 18 years of age and older, who reside, attend school, or work in New Jersey will receive a Narcan Kit.

Rutgers - Robert Wood Johnson Medical School
Division of Addiction Psychiatry
732-235-4341
preventoverdose@njms.rutgers.edu

Funded by the New Jersey Division of Mental Health and Addiction Services

MOVE TODAY EXERCISE PROGRAM

FREE MOVE TODAY WORKSHOP
HOSTED BY the Westfield Regional Health Department

The Move Today Exercise Program is a 45-60 minute, non-aerobic exercise class for older adults. The program consists of 12 sessions, meeting once a week for 12 weeks. It is designed to improve flexibility, balance, strength, and posture.

ABOUT MOVE TODAY:

- A safe exercise program for older adults designed by a physical therapist
- Good posture and proper body mechanics are emphasized
- Most exercises can be done sitting or standing - modifications are available
- Resistance bands and exercise manuals will be provided for each participant

September 11 – January 8, 2024
(excluding 10/2, 10/9, 11/13, 11/27, 12/25, and 1/1/24)

THURSDAYS
10 – 11 AM
Community Room
Mountainside Public Library

Space is limited: registration is required to attend.
To register, please contact Amy Lewis, alewis@westfieldnj.gov or 908-789-4070 ext. 4080

Prevent opioid overdose and save lives by learning how to use naloxone. Join us for a free in-person training. Attendees who are 18 years of age and older, who reside, attend school, or work in New Jersey will receive a Narcan Kit.

DON'T MISS!

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Recipe of the Month

Chickpea Salad with Tomatoes and Cucumber

This American Simple Cooking with Heart recipe is a terrific vegetable side dish that goes well with just about any main dish you are serving. Or this can be your main dish for meatless meal or when you want a light meal.



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