

Your Health Matters

Westfield Regional Health Department

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



April
2024

National
Public Health
Week

Department
Highlights

Alcohol &
Stress

Disease
Update

Upcoming
Events

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National Public Health Week (NPHW)

National Public Health Week is April 1-7.

Public health is the science of preventing disease, prolonging life, and promoting the health of all people and their communities.

Public health is important because it is the steps we take to make sure our neighborhoods are safe, clean, and free of pollution. It's making sure our food and water are safe to eat and drink. It is also advocating for health equity and policies.

You do not have to be a Public Health professional to be involved in public health.

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Daily Themes

National Public Health Week

Civic Engagement (Monday)

Healthy Neighborhoods (Tuesday)

Climate Change (Wednesday)

New Tools and Innovations (Thursday)

Reproductive and Sexual Health (Friday)

Emergency Preparedness (Saturday)

Future of Public Health (Sunday)

Healthy People 2030

Data-driven national objectives to improve health and well-being

Healthy People identifies public health priorities to help individuals, organizations, and communities across the United States improve health and well-being.

The initiative's fifth iteration, builds on knowledge gained over the first 4 decades. It includes 359 core objectives that go over social determinants, health disparities, and leading health indicators.

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Department/Local Highlights

Public Health Nursing

What you should know

Public health nursing is defined as the practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences.

Why is Public Health Nursing Important?

A public health nurse plays a vital role in disease prevention, promoting health, and alleviating/eliminating health or safety issues within the community. This includes conducting investigations, following-up and initiating preventative measures during disease outbreaks. They provide vaccination and child health clinics throughout the community while also monitoring school vaccination rates through immunization audits. In addition, they work with individuals and families to provide healthcare and social support to ensure the community has access to the healthcare and resources they need to live a healthy life.

The combination of a clinical nursing background and public health knowledge provide a vital foundation for the functionality of a health department which is necessary for the overall health of the community.



License Your Pet

Avoid a fine and keep your pets safe

Being a pet owner requires all sorts of responsibility. One that is often overlooked and is mandatory in New Jersey is licensing your dog or cat with your municipality. For the license to be issued, the owner must present proof of a rabies vaccination and that the duration of immunity from that vaccination extends through at least ten months of the twelve-month licensing period.

Not only is it law, but licensing your pet ensures that your pet has a current rabies vaccination and provides peace of mind that other pets in the community are also protected against this fatal disease. Having your pet licensed also helps police, animal control and shelters quickly identify your lost dog or cat and get them back to you safely.

Check your municipality's website for information on how to get your pets licensed.

Blood Pressure Screenings

Free for residents

April 4 & 18 | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30 AM - 12:30 PM

April 9 | Mountainside Seniors | Town Hall Rt 22 West | 9:15 AM - 10:15 AM

April 30 | Roselle Park Seniors | Casano Center | 11:45 AM - 12:45 PM | Roselle Park Library | 12:45 PM - 1:15 PM

Upcoming Clinics

For updated clinics in April, please check our [Website](#).

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Alcohol Awareness Month

Alcohol Awareness Month is a great opportunity to update your knowledge about alcohol, alcohol use disorder, and their impacts on health and society. Alcohol-related problems continue to take an immense toll on individuals, families, and communities. Use this month to know the facts and how to help someone struggling.

Alcohol Use Know the facts

3550

Number of deaths from excessive drinking each year in New Jersey.

15%

Percentage of high school students that binge drink in New Jersey.

45
min

1 person is killed in a motor vehicle accident involving alcohol every 45 minutes in the US.

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Stress Awareness Limit the stressors in your life

Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues such as heart disease, hypertension, high blood pressure, and other health-related conditions.

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Drink Less Be Your Best Small changes can make a big difference

Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women. For those who drink alcohol and want to cut back on your drinking, these four strategies can help:

- **Set limits.** Decide how many days a week you plan to drink and how many drinks you plan to have. Schedule alcohol-free days every week.
- **Count your drinks.** Use an app on your mobile device to help. Understanding how much alcohol counts as a "standard" drink may also help.
- **Manage your "triggers."** If certain people, places, or activities tempt you to drink more than you planned, you can avoid those triggers.
- **Find support.** Ask for support from a friend, family member, healthcare provider, or someone else who will support your choice to drink less.

Be GREAT

Helpful Practices to Manage Stress and Anxiety

Gratitude

Relaxation

Exercise

Acknowledge Feelings

Track Thoughts



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Upcoming Events



Wellness Initiative for Senior Education (WISE) | April 5, 12, 19, 26, May 3, 10 | 1:30 pm - 3:30 PM | Madison

The *WISE Program* celebrates *healthy aging* and *educates older adults*. Sponsored by the *Westfield Regional Health Department* and *Prevention is Key*, this free 6-week series will take place at the *Rexford Tucker Apartments, Community Room at 15 Chateau Thierry Ave, Madison* from 1:30 to 3:30 pm for six consecutive Fridays. The program is open to anyone 60 or older. A wide range of topics join us for this fun program, where you meet new people and learn:

- Learn about the aging process and how to make healthy lifestyle choices.
- Discover risk factors and behaviors you should avoid to stay healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect you differently and how you can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health.

Lunch will be provided as well as giveaways for completing the program.

For more information or to register, call Amy Lewis at 908-789-4070 ext. 4080, or email alewis@westfieldnj.gov.



Wellness Initiative for Senior Education (WISE) | April 5, 12, 26, May 3, 10, 24 | 10 AM - 12 PM | Fanwood

The *WISE Program* celebrates *healthy aging* and *educates older adults* on a variety of topics. Sponsored by the *Westfield Regional Health Department* and *Prevention Links*, this free 6-week series will take place at the *Fanwood Forest Road Park Building* on six Fridays and is open to anyone 60 or older.

To register visit: [Fanwood Recreation Website](#)



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us!

The educational program being offered at *Fanwood Forest Road Park Building* on six Fridays is open to anyone 60 or older. The program consists of six weekly lessons that cover a wide range of topics. Join us for the fun program, where you meet new people and learn:

- Learn about the aging process and how to make healthy lifestyle choices.
- Discover this exciting stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors you should avoid to stay healthy.

• Examine how alcohol, prescription medications and over-the-counter medications affect you differently and how you can avoid problems.

• Learn how to use simple tools to help you feel more empowered about your health.

Refreshments provided and incentives for completing the program!

To register, please go to [Community Pass](#), log in, click on "Browse Activities", select Spring 2024 Senior Programs and follow the instructions on how to register online.



Alcohol Use and its Role in Cancer Risk

Tuesday, April 2, 2024 | 5:30 to 6:30 p.m. | Virtual on Zoom

Speaker:

Aleks Lafferty, DDS, FACP
Cooperman Barnabas Medical Center, Division of Head and Neck Health

Medical Director, Oral and Maxillofacial Surgery

Angela McNamee, MPH, LCSW, A-OSW-C
Oncology Social Worker, Head and Neck

Medical Director, Head and Neck

To register for this free program, use the QR code or click [here](#) to register online.

For more information on this program or other educational offerings at Cooperman Barnabas Medical Center, call Angela McNamee, LCSW, A-OSW-C, at 973-656-2000.

RV Barnabas Health | Rutgers Cancer Institute of New Jersey | Cooperman Barnabas Medical Center

Alcohol Use and its Role in Cancer Risk | April 2 | 5:30 pm to 6:30 pm | Webinar

Cooperman Barnabas Medical invites you to join Dr. LaPietra and Angela discuss how alcohol can increase a person's risk of developing cancer, common misconceptions and suggested guidelines. To register: <https://www.rwjbh.org/events/event/?event=39697>

Cancer 101 | April 4 | 10AM | Webinar

Rutgers and ScreenNJ is hosting a *Cancer101 Webinar*. Join to discuss the basics of cancer development, screening, and risk reduction. To register: https://rutgers.zoom.us/meeting/register/tJMqfu6hpzgjE9DHtjYRFP-kCb_bN6XQnFdB



CANCER 101

Join us for a virtual education session as we discuss the basics of cancer development, screening, and risk reduction.

THURSDAY
APRIL 4, 2024
10:00AM

Please register:

https://rutgers.zoom.us/meeting/register/tJMqfu6hpzgjE9DHtjYRFP-kCb_bN6XQnFdB



Walk for CAKE with the Mental Health Council | April 28 | 10:30 AM - 12 PM |

Mindowaskin Park, Westfield (rain location: Westfield Town Hall, Community Room)

Mental Health Fair | April 28 | 11 AM - 2PM | Bauer Branch of the Westfield Area YMCA

Join the Westfield Mental Health Council for the Annual Walk for CAKE and Mental Health Fair.

Participants can enjoy a walk in the park punctuated with stations highlighting aspects of wellness such as yoga, music, art, meditation and pet therapy. At the fair enjoy family-friendly activities, mental health provider resources, and presentations. CAKE is the Mental Health Council's ongoing initiative emphasizing *Compassion, Acceptance, Kindness and Empathy*.

April 29 | Osteoarthritis | Chatham Senior Center | 12 PM (Check out Chatham Senior Center's [April Newsletter](#) for more information)

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Disease Update

Measles

New outbreaks in 2024

Measles was declared eliminated (absence of continuous disease transmission for greater than 12 months) from the U.S. in 2000 thanks to a highly effective vaccination program. Over the last several years, vaccination rates have dipped and unvaccinated communities have led to sporadic outbreaks across the U.S. An increase in the number of travelers who get measles abroad and bring it into the U.S. has also contributed to the spread. As of March 7, 2024, a total of 45 measles cases were reported in 17 states. Prevent measles and talk to your healthcare provider about the MMR vaccine.

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Whooping Cough (Pertussis) Increase in cases

Whooping cough is a contagious respiratory illness mainly affecting babies and children. Cases of whooping cough have been on the rise across the tri-state due to under vaccinated populations. CDC recommends whooping cough vaccination for all babies and children, preteens, and pregnant women. Adults who have never received one should also get a Tdap shot.

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Seasonal Allergies

Spring is here and so is allergy season

Recommendations:

- Certain medications, like allergy medications, oral antihistamines and intranasal corticosteroids, should be started at least several weeks before symptoms begin.
- Remember a simple nasal saline spray is best to relieve congestion and flush out allergens.
- Avoid using any product containing a vasoconstrictor (such as Visine, Clear Eyes, and Murine) for more than 2-3 days to avoid rebound redness and dependency.
- Talk to your doctor on how to manage asthma and if prescribed inhaled corticosteroids (for patients with uncontrolled and/or persistent asthma) is needed.
- Develop or update written asthma management plans, emphasizing when to seek immediate medical consultation, when to go to the ED, and when to call EMS. Asthma deaths may be associated with ambient aeroallergen overload.
- Monitor pollen forecasts and minimize exposure to allergens or irritants: keep windows closed, limit outdoor activities on high-pollen days, keep pets out of sleeping areas, and pest-proof your home.

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