



November

2024

Monthly Newsletter

Your Health Matters

Westfield Regional Health Department

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



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1 Thanksgiving Food Safety

One of the riskiest times of the year to get food poisoning is between Thanksgiving and New Year's Eve. By taking a few simple food safety precautions, you can help prevent foodborne illness and ensure a delicious and safe meal.

Clean: Wash your hands, kitchen surfaces, utensils, and cutting boards frequently, especially after handling uncooked food and before touching other foods. Wash produce but not eggs, meat, or your turkey, which can spread bacteria.



Separate: Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Cook: Your bird is NOT safe until it reaches **at least 165°F**. If you are cooking stuffing inside the turkey, ensure stuffing reaches a internal temperature of 165°F.



Store: Refrigerate leftovers within two hours at 40°F or below to help reduce the risk of bacterial growth. Eat or freeze within 3-4 days.


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Blood Pressure Screenings Free for Residents

November 7 | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30am - 12:30pm

November 12 | Mountainside Seniors | Town Hall, Rt 22 West | 9:30am - 10:30am

November 26 | Casano Center & Roselle Park Library | 11:30am - 1:00pm

Flu, COVID-19, and RSV Stay Healthy During the Holidays

With more people gathering during the holiday season and staying indoors for the holiday months, many viruses tend to spread more commonly, especially the flu, COVID-19, and RSV. Getting vaccinated will give you the best protection against these three respiratory diseases and will make your illness less severe if you do get sick.

Everyone ages 6 months and older should get a flu vaccine and updated COVID-19 vaccination this fall. RSV immunization for some groups at higher risk for severe RSV illness. Adults ages 60 and older -- talk to your healthcare provider to see if RSV vaccination is right for you. Remember to wash hands frequently, cover your cough/sneeze and stay home when sick.

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2

Environmental & Disease Update

Upcoming Rabies Clinics

Fanwood Rabies Clinic | Wednesday, November 13 | 5pm - 6pm | La Grande Park

Chatham Rabies Clinic | Sunday, November 17 | 9am - 10am | Chatham Borough Fire Department

Madison Rabies Clinic | Saturday, December 7 | 10am - 12pm | Madison Volunteer Ambulance Corps, 29 Prospect St.



Measles Update

Confirmed Cases in NJ

On October 10, 2024, NJDOH reported a confirmed case of measles in NJ resident with recent international travel. As of October 22, 2024, three additional confirmed measles cases have been identified in individuals with close contact with the original measles case. All four cases are unvaccinated.

The NJ Department of Health is working in collaboration with local health officials to identify and notify people who might have been exposed during the time the individuals were infectious. They urge all New Jersey residents to ensure they are current on all routine vaccinations, especially MMR vaccinations.

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Rodent Control

What is Being Done and What You Should Do

An increase of rodent sightings are very common during the fall and winter as these unwanted visitors invade homes looking for food and warmth. An increase of rodent activity can also be from aging infrastructure, redevelopment, and improper trash and waste management practices.

How is your Health Department combating rodent activity?

1. Assessing public areas and hiring licensed pest control to treat activity on public property.
2. Inspecting residential property for rodent activity and providing residents with information on preventing rodents.
3. Working with various town departments to remove rodent attractions from public property.
4. Conducting dumpster inspections of commercial property to ensure that food waste is inaccessible to rodents.
5. Educating residents and business owners about proper trash disposal.

Prevent Rodents

Near Your Home and Neighborhood

Rodent attractions commonly found on residential property:

- Improperly stored trash and recycling
- Poorly maintained bird feeders
- Improperly maintained compost bins
- Stagnant water
- Wood piles
- Cluttered conditions
- Overgrown vegetation
- Animal waste



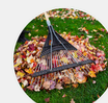
Rodent Control

Rodent sightings are very common during the fall and winter as these unwanted visitors invade homes looking for food and warmth.

Signs of rodents include burrows, nests, and teeth marks on wood.

Tips to keep rodents away:

1. Clean your yard, driveway, and property regularly, removing all debris and cutting down any tall grass or weeds.
2. Place compost (leaves, grass, garden material) in a designated compost bin.
3. Regularly maintain gardens, enclosing them with small-mesh wire fencing.
4. Store all garbage in metal or plastic containers with tight-fitting lids.
5. Use appropriately sized garbage containers to prevent overflowing and spills.
6. Avoid feeding domestic animals outdoors, stray animals, and or all wild animals.
7. Block openings and use fencing to eliminate potential rat hiding spots under porches, outside staircases, and around shed foundations.
8. Clean up animal feces regularly.
9. Remove any fallen fruit from trees as regularly as possible.
10. Stack all outdoor wood and materials in tightly packed piles, at least six inches off the ground.
11. If you notice signs of rodent activity, hire a professional exterminator to inspect and treat your property.



westfieldnj.gov/health



3 Diabetes Awareness Month



Diabetes affects nearly 1 in 10 Americans, with over 34 million living with type 2 diabetes. In fact, more children, teens, and young adults are developing type 2 diabetes than in the past.

This increase is linked to high obesity rates, sedentary lifestyles, and poor dietary choices, including processed foods and sugary drinks. Having a family history, age, and social determinants of health also make certain populations more predisposed and at risk. By understanding these risk factors, we can take meaningful steps toward prevention and better health for all.

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Symptoms of Diabetes

Key Points

- [Type 1 diabetes](#) symptoms can develop in just a few weeks or months.
- [Type 2 diabetes](#) can take years to develop.
- [Gestational diabetes](#) doesn't usually have symptoms.



Increased thirst



Blurred vision



Slow-healing cuts



Frequent urination



Fatigue



Unexplained weight loss

TAKE CONTROL OF YOUR HEALTH

THE DIABETES SELF-MANAGEMENT PROGRAM

Free!
The Diabetes Self-Management Program (DSMP) is a free, evidence-based program that helps people with type 2 diabetes learn how to manage their condition. It covers topics such as meal planning, physical activity, problem solving, and stress management. The program is designed to be flexible and can be adapted to individual needs. It is available in both English and Spanish.

FRIDAYS, JANUARY 3, 2025 - FEBRUARY 7, 2025
10:00 AM - 12:30 PM

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

TO REGISTER OR FOR MORE INFORMATION PLEASE CONTACT KAT LINDS
AT katlinds@westfieldnj.org OR 908-261-0147. ADD BY JANUARY 2, 2025

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

Thanksgiving Recipes

Healthier Alternatives

[Green Bean Casserole with Crispy Shallots](#)

Green beans are a good source of fiber and are rich in Vitamin C.



[Cranberry Sauce with Pinot and Figs](#)

Cranberries are a nutrient-dense fruit that are high in antioxidants. They are known to prevent urinary track infections.



[Sweet Potato- Pecan Casserole](#)

Sweet potatoes are full of antioxidants, vitamins and fiber to support your eye, digestive and heart health.



The Great American Smokeout - November 21

Join thousands in taking the first step toward a smoke-free life by **quitting or starting your smoking cessation plan!**



Smoking Cessation Resources

[Tobacco Free NJ](#)

[NJ Quitline](#)

[Youth 4 Week Quit Group](#)

[RWJ Program](#)

LEARN MORE »

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Upcoming Events
& Resources**Fall Community Resource Event | November 2 | 8am-1pm | Chatham Borough Farmers' Market | RR Plaza South/Fairmount Ave, Chatham Borough**

Enjoy your local farmers market while resources and services will be provided from the NJ Motor Vehicle Commission Mobile Unit, Hope One Van, The Municipal Alliance Committee of the Chathams and more!

**Mayors Wellness Campaign Advisory Committee of the Chathams: Walk with the Mayors**

Take this opportunity to connect with the Chatham Borough Mayor and Chatham Township Mayor while getting in your steps. Walk with the Mayors gives you the opportunity to connect with your community while being outdoors. [Click the flyer for more information on dates, time, and locations of each walk.](#)

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 welcomed 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. [Click the flyer for more information on dates, time, and the location of each run.](#)

**TAKE CONTROL OF YOUR HEALTH**

THE DIABETES SELF-MANAGEMENT PROGRAM

free book!

Stanford University's Diabetes Self-Management Program (DSMP) is a six session, 2 1/2 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 and family about their health.

The interactive curriculum will address topics such as managing symptoms, problem-solving, action-planning, monitoring blood sugars and preventing complications, handling stress and difficult emotions, making a plan for healthy eating and safe exercise, communication, better sleep and relaxation.

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**

This interactive Diabetes Self-Management Program (DSMP) is six sessions 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:
alewis@westfieldnj.gov OR 908-789-4070 Ext. 4080 by January 2, 2025.

