



# Westfield Regional Health Department

# Your Health Matters

May

2025

Monthly Newsletter

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



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## May is National Stroke Awareness Month

Stroke is the No. 2 cause of death worldwide and a leading cause of disability. A stroke is a life-changing event – physically and emotionally. Every stroke is unique – and so is every recovery.

Strokes can happen to anyone, at any age and at any time. Black Americans have a higher prevalence of stroke and highest death rate from stroke compared to any other racial group. Hispanic Americans also face a high risk of stroke due to unmanaged risk factors. Let's come together to defeat stroke by learning and sharing the F.A.S.T. warning signs. Stroke is an emergency and every second counts.

Having a stroke puts you at higher risk for a second one. Learn how to save a life from stroke and know your risk factors. Together, we can change the future of health and transform lives.

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American Stroke Association®

A division of the American Heart Association.

## Learning F.A.S.T. Can Save Lives

**When you spot a stroke warning sign, act fast.** Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability; survival or death.

### F.A.S.T. Warning Signs

Use the letters in F.A.S.T. to spot a Stroke

- F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S = Speech Difficulty – Is speech slurred?
- T = Time to call 911 – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

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## Other Stroke Symptoms

Watch for sudden:

- NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- CONFUSION, trouble speaking or understanding speech
- TROUBLE SEEING in one or both eyes
- TROUBLE WALKING, dizziness, loss of balance or coordination
- SEVERE HEADACHE with no known cause

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## May is Osteoporosis Awareness and Prevention Month

Osteoporosis — a condition that causes bones to become weak and more susceptible to fracture — affects more than 10 million Americans. It occurs when a person's body does not properly replenish the components of their bone tissue.

Women are at higher risk for the disease, though men can develop it, too. According to the U.S.-based Bone Health and Osteoporosis Foundation, up to half of all women age 50 and older will break a bone due to osteoporosis, and as many as a quarter of men age 50 and older will do the same.

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## Walk a Mile a Day in May

This May, let's step up for stronger bones! Osteoporosis typically develops without symptoms, so many people don't realize their bones are getting weaker until they experience a break. But with awareness and action, we can change that.

Walking is one of the best low-impact weight-bearing exercises to help maintain bone density, improve balance, and support overall physical and mental health, which is especially important as we age. Research also shows that 1 in 2 women and up to 1 in 4 men over the age of 50 will break a bone due to osteoporosis. But walking just a little each day can help lower the risk, so get ready to lace up your sneakers, track your steps, and take part in this all-ages effort to promote bone health.

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FLIP THE SCRIPT ON AGING: MAY 2025

Older Americans Month is a celebration held every May in the United States to honor older adults and their contributions to our communities, families, and the nation. It's a time to recognize the strength, resilience, and achievements of older Americans.

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## Take Action: SIMPLE STEPS TO PROTECT YOUR BONES

- Get enough calcium and vitamin D.
- Eat a well-balanced diet with foods that are good for bone health, like fruits and vegetables.
- Exercise regularly; weight-bearing exercises are critical for bone health.
- Don't smoke and limit alcohol intake.

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A mental illness is a condition that affects a person's thinking, feeling, behavior or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. If you have — or think you might have — a mental illness, the first thing you must know is that you are not alone. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However:

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes and circuits and basic brain structure may play a role, too.

None of this means that you're broken or that you, or your family, did something "wrong." Mental illness is no one's fault. And for many people, recovery — including meaningful roles in social life, school and work — is possible, especially when you start treatment early and play a strong role in your own recovery process.

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## "Paint the Town Green"

May is Mental Health Awareness Month. This year, 10 towns have joined forces for "Paint the Town Green," campaign supporting a common interest in advocating for mental health.

**New Providence \* Berkeley Heights \* Summit \* Chatham \* Fanwood**

**Long Hill Twp. \* Madison \* Mountainside \* Scotch Plains \* Westfield**

**SHOW YOUR SUPPORT - Purchase a Yard Sign Kit (sign & green light bulb).**

**Ordering is EASY!**

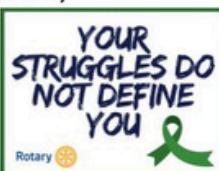


OR go to [www.mha7475.com](http://www.mha7475.com)  
And scroll down to the "events of  
interest" section on the left.

FRONT



CHOOSE FROM FOUR DIFFERENT MESSAGES. (BACK)



Pricing includes sales tax.

Rotary Club of Mental Health Advocates



## 4 Mosquito Control

As mosquito season nears in New Jersey, with temperatures consistently rising above 50°F, mosquito activity is anticipated to rise.

### Follow These Tips

- Eliminate standing water: Mosquitoes breed in stagnant water. Regularly empty and scrub containers like flower pots, bird baths, pet dishes, and buckets. Ensure that items such as tarps, pool covers, and rain barrels are properly drained or covered to prevent water accumulation.
- Maintain your yard: Keep grass mowed and shrubbery trimmed to reduce mosquito resting areas. Remove debris and clutter, including discarded tires and containers, which can collect water.
- Clean gutters and downspouts: Clogged gutters can hold water and become breeding sites. Clean them regularly to ensure proper drainage.
- Treat ornamental ponds: If you have ornamental ponds, stock them with fish or use aerators to keep the water moving, which deters mosquito larvae.

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## Tobacco Age of Sale Enforcement (TASE)

World No Tobacco Day is May 31, 2025. The Tobacco Age of Sale Enforcement (TASE) Program is a federally mandated, multi-part inspection initiative designed to ensure compliance with New Jersey law that prohibits the sale of nicotine and flavored vapor products to individuals under the age of 21.

Every year, staff from the Westfield Regional Health Department conduct random, unannounced compliance checks to a sample of licensed retail tobacco and electronic smoking device vendors within the nine municipalities the department contracts with to provide public health and environmental services.

Inspections are performed in coordination with volunteers under the age of 21 from youth substance prevention programs. Since 2019, the department has seen a 50% decrease in the number of retailers selling a nicotine product to a minor.

The program not only enforces regulations but increases community engagement and provides educational outreach to minors about the dangers of vaping.

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## Recipe of the Month

### Herbed Halibut and Spring Vegetables en Papillote

Baking food in a parchment packet is a French technique known as en papillote—it's easy and yields delectable results. For this recipe, a halibut fillet and a sprig of fresh tarragon are baked on a bed of spring vegetables in each packet. As the packets bake, the delicate juices from the fish and vegetables mingle to create a mouthwatering flavor.

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Lifelong Westfield Presents:



# CONVERSATIONS, REFLECTIONS AND OPTIONS OF ADVANCE CARE PLANNING

Tuesday, May 20, 2025

1 pm

Westfield Memorial Library

Sandra Guzman,  
MSW, BSN,  
LSW/Palliative  
Care  
Coordinator,  
Hackensack  
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Marisa Hamilton,  
MSW, LCSW, ACHP-  
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Hackensack  
Meridian Health

