



January  
2025

# Monthly Newsletter

## Your Health Matters

### Westfield Regional Health Department

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



Scan QR Code for online version

<p><b>1 Department Highlights</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Healthy Start To The New Year</a></li> <li>• <a href="#">Blood Pressure Screenings</a></li> <li>• <a href="#">Drug Disposal Pouches</a></li> </ul> <p>Page [1]</p>	<p><b>2 Disease Update</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Norovirus</a></li> <li>• <a href="#">Prevention</a></li> </ul> <p>Page [2]</p>	<p><b>3 Celebrated This Month</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Cervical Cancer Awareness</a></li> <li>• <a href="#">Free Cancer Screenings</a></li> </ul> <p>Page [2]</p>	<p><b>4 Upcoming Events/Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Diabetes Self Management Program</a></li> <li>• <a href="#">Follow us on Social Media!</a></li> </ul> <p>Page [3]</p>
---	--	---	--

## 1 Healthy Start To The New Year

As we welcome the new year, it's the perfect time to focus on your health and well-being. Committing to a goal for the new year not only boosts your energy but also enhances overall life satisfaction. Here are some New Year's resolution ideas to help you get started on a healthier, more balanced path:

- 1 **Quit smoking or vaping.**
- 2 **Schedule regular doctor visits and screenings for preventative care.**
- 3 **Commit to working out at least 3-4 times a week.**
- 4 **Practice gratitude and mindfulness.**
- 5 **Prioritize your sleep.**
- 6 **Eat healthier and stay hydrated.**



### Blood Pressure Screenings Free for Residents

**January 1, 16, 17 & 30** | Garwood Seniors | Knights of Columbus, 36 South Ave. | 11:30am - 12:30pm

**January 14** | Mountainside Seniors | Town Hall, Rt. 22 West | 9:30am - 10:30am

## Dry January

### Choose Not to Drink Alcohol for a Month

If you're looking to reduce your alcohol intake or kick off the new year with a fresh start, consider participating in the Dry January challenge by refraining from beer, wine, and spirits for one month. Regular drinkers who took a 30-day break from alcohol experienced improved sleep, increased energy, and weight loss. Additionally, they saw reductions in blood pressure, cholesterol levels, and

cancer-related proteins in their bloodstream. To keep yourself accountable, share your goals with friends and family, and even better, invite someone to join you in the challenge. Keep alcohol out of your house to avoid temptations.

LEARN MORE >>

## 2 Disease Update

### Norovirus

#### Why It's More Common in Winter

Norovirus is a highly contagious virus that causes gastroenteritis, leading to symptoms like nausea, vomiting, diarrhea, stomach cramps, and sometimes fever. It spreads rapidly, particularly in environments where people are in close contact, such as schools, nursing homes, and cruise ships.

Norovirus is more common in the winter months because cooler weather often keeps people indoors, creating ideal conditions for the virus to spread. In crowded spaces, it can be easily transmitted through contaminated food, water, surfaces, and close contact with infected individuals.

[LEARN MORE](#) >>



### Norovirus Prevention

- ① Wash Hands
- ② Disinfect Surfaces
- ③ Avoid Sick People
- ④ Practice Food Safety

[LEARN MORE](#) >>

## 3 Celebrated This Month

### Cervical Awareness Month



According to the [CDC](#), about 11,500 women are diagnosed with cervical cancer each year in the United States.

Cervical cancer is primarily caused by the [human papillomavirus \(HPV\)](#), a common virus that spreads through sexual contact. Fortunately, [vaccines](#) are available to protect against the most common strains of HPV, and regular screening through Pap smears or HPV tests can detect early changes in the cervix, allowing for timely intervention before cancer develops.

[LEARN MORE](#) >>

## Your Health Matters

**FREE**  
Cancer Screenings  
for women without  
health insurance



#### Upcoming screening dates:

January 11, 2025 (Saturday)  
January 29, 2025  
February 12, 2025  
February 24, 2025  
March 8, 2025 (Saturday)  
March 19, 2025

Screenings available for breast and cervical cancer

Call to see if you are eligible  
and to make an appointment  
973-971-5952

Atlantic  
Health System  
Cancer Care



## Get Screened Today!

Usually, women who have precancerous cells or are in the early stages of cervical cancer do not present with any symptoms. Individuals tend to be asymptomatic until the cancer is more advanced; therefore, it is important to get screened regularly.

# 4 Upcoming Events & Resources

## 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](mailto: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, 550 E Broad St.**

*This six-session, interactive program is designed for people with diabetes. Participants will learn practical ways to deal with stress and fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with their doctor and family about their health.*

To register or for more information contact Amy Lewis at [alewis@westfieldnj.gov](mailto:alewis@westfieldnj.gov) OR 908-789-4070 Ext. 4080 by January 2, 2025.

### Follow Westfield Regional Health Department on Social Media!

The Westfield Regional Health Department is pleased to announce the launch of its official Instagram and Facebook accounts, creating new ways for residents and business owners across the region to access valuable health information, resources, and updates. This initiative is part of a broader outreach program aimed at empowering the community to lead healthy and productive lives in New Jersey.

 [@Westfield Regional Health Dept.](https://www.facebook.com/WestfieldRegionalHealthDept)




 [@westfieldregionalhealthdept](https://www.instagram.com/westfieldregionalhealthdept)



## Follow Us on Social Media



LET'S GET CONNECTED FOR OUR LATEST NEWS & UPDATES

-  Helpful health advice to keep you and your family safe.
-  Seasonal tips to navigate everything from flu season to summer safety.
-  Community news and updates about local events and initiatives.



@westfieldregionalhealthdept



@Westfield Regional Health Department

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

Westfield Regional Health Department  
425 E Broad Street, Westfield, NJ 07090

Phone: 908-789-4070 | Fax: 908-789-4076  
Website: [westfieldnj.gov/health](http://westfieldnj.gov/health)

