



AUGUST 2022 VOL. 10



Public Health
Prevent. Promote. Protect.

WEST CALDWELL HEALTH DEPARTMENT

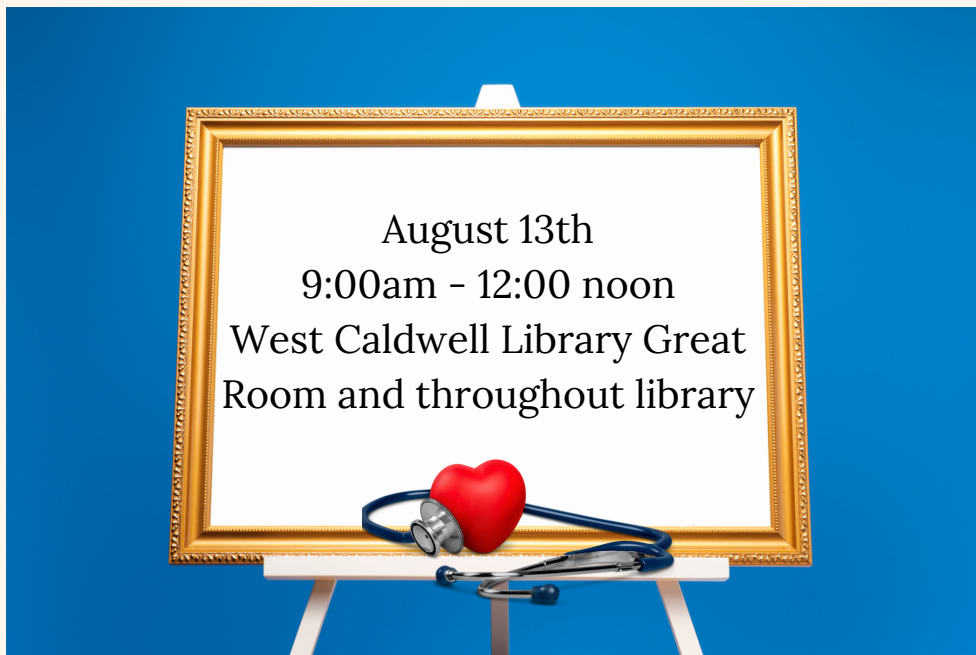
The official monthly newsletter from the
Health Department

WEST CALDWELL

NORTH CALDWELL

FAIRFIELD

WEST CALDWELL HEALTH AND WELLNESS FAIR!



The West Caldwell Health Department is partnering with the West Caldwell Library for a Health and Wellness Fair! We would like to take this opportunity to invite the community to this great event to meet vendors from organizations such as:

- Zufall Health: offering COVID vaccinations
- NJ Poison Control Center
- Shoprite Nutritionist
- Cooperman Barnabas Medical Center
- West Caldwell Police Department
- West Caldwell Fire Department
- Local Dentist
- Local Chiropractor

We would love to have you come, visit with our vendors and obtain helpful information about health and wellness!

August 1, 2022



FARMERS MARKET SHOPPING TIPS

One of the best perks of summer time are the farmers markets! Shopping at Farmers markets are a great place to get fresh and local produce as well as meet the people who grew it! Head over to: <https://healthysd.gov/tips-for-shopping-farmers-markets/?big10=9> for tips on making your trips successful and fun!



EXTREME HEAT SAFETY

There is hot, then there is summer hot! When there is extreme heat, your body has to work extra hard to keep a normal temperature. Extreme heat is a cause of weather-related complications and fatalities. Head over to https://www.ready.gov/sites/default/files/2021-01/ready_extreme-heat_info-sheet.pdf to learn more about how to protect yourself, and loved ones.



SUMMER SAFETY FOR YOUR FURRY FRIENDS

Summer time is always a welcomed favorite for our furry friends. Be sure to head over to the ASPCA link below for some tips on keeping your best friend safe in the summer!

<https://www.asPCA.org/pet-care/general-pet-care/hot-weather-safety-tips>



WEATHER WARNINGS EXPLAINED

Have you ever wondered what the weatherperson means by severe weather advisory, watch or warning? If so, head over to <https://dps.mn.gov/divisions/hsem/weather-awareness-preparedness/Pages/alerts-warnings-types-of-warnings.aspx> and read their detailed explanations of weather terminology and how to be prepared at home or at your workplace.



COVID VACCINES FOR CHILDREN AND ADULTS

If you are interested in the COVID vaccine for you or your child, either link the link or scan the QR code with the camera on your phone, you will be linked to the Essex County vaccination webpage with the latest hours and locations. <https://essexcountynj.org/covid-19-vaccine-locations/>

MINDFULNESS CORNER

If you've been following our Mindfulness Corner, each month we offer different topics on mindfulness, meditation and healthy lifestyle. This month, we'd like to provide a great back to basics article on what Mindfulness is, the basics, how to practice it and mindful practices for everyday. Head over to: <https://www.mindful.org/meditation/mindfulness-getting-started/> for all the details!



Community Resources

THE COVID-19 PANDEMIC HAS IMPACTED INDIVIDUALS IN OUR COMMUNITY DIFFERENTLY.

IF YOU ARE IN NEED, THERE ARE COMMUNITY RESOURCES AVAILABLE.

SEE BELOW FOR RESOURCES THAT MAY BE OF ASSISTANCE TO YOU:

- NJ Hope and Healing
 - Free resiliency support for you and your family. Offer ways to cope and manage stress during the COVID-19 pandemic. Offer free virtual services for individuals, families and employers
 - 1-855-499-4325
 - <https://www.centerffs.org/our-services/counseling-behavioral-health/new-jersey-hope-and-healing>
- National Suicide Prevention Hotline
 - Free confidential support, 24/7, for individuals going through emergencies and coping with suicidal thoughts.
 - 1-800-273-8255
 - <https://suicidepreventionlifeline.org>
- Crisis Text Line
 - Mental health support and crisis intervention available 24/7 through text messaging.
 - Text: HOME to 741741
 - <https://www.crisistextline.org>
- Addictions Hotline of NJ
 - Provides 24/7 assistance for those suffering from substance abuse disorders.
 - 1-800-238-2333
- NJ Connect
 - Peer specialists trained to speak to those who need counseling, access to treatment and answers about recovery
 - 855-652-3737
 - TTY: 877-294-4356
 - <https://www.njconnectforrecovery.org>
- NJ 2-1-1
 - Resource hotline designed to connect community members with resources such as food, utilities, affordable housing, rental assistance, child care, senior needs and COVID-19 related issues. Service is available 24/7
 - 2-1-1
 - Text: your ZIP code to 989-211
- Essex County Special Transportation System
 - Individuals who are 60 years of age and older, as well as those who are 18 years or older and permanently disabled are eligible. Transportation for both medical and other types of appointments available
 - 973-618-1280
 - <https://www.fairfieldnj.org/notices/essex-county-senior-transportation-services.pdf>
- NJ Transit Access Link (ADA Paratransit)
 - Shared ride service. There is a fee to ride. Service can be utilized for all purpose of travel including travel to places of employment, education, recreation and medical appointments
 - 973-491-4224
 - <https://www.njtransit.com/accessibility/access-link-ada-paratransit>
- New Jersey Poison Information and Education System
 - Trained healthcare professionals available 24/7 to answer poisoning questions and emergencies
 - 800-222-1222
 - Text: 973-339-0702
 - <https://www.njpies.org/about-njpies/>