



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

National Colorectal Cancer Awareness Month

- Colorectal cancer is in the top five most common cancers in the US. These types of cancer are preventable with routine screenings, starting at age 45
The Bums and the Bees (1:00)
- If caught in the early stages, precursors to colorectal cancers are highly treatable.
Screen for Life: You've Got Guts (:15)
- Talk to your doctor about screening! Learn more at
<https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/infographics/colorectal-cancer-screening-guideline-for-men-and-women-at-average-risk.pdf>



National Endometriosis Awareness Month

- Endometriosis is a common chronic condition that causes the uterine lining to grow outside the uterus, affecting more than 5 million women in the US. Learn more at
<https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-endometriosis.pdf>

National Brain Awareness Week

- Take care of your brain by keeping it strong and healthy! Learn about some tips to keep your mind sharp at
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-keep-your-brain-healthy>





Sleep Awareness Week

- A well-rested brain is a healthy brain! Sleep is so important to our health and many of us don't get enough of it! Learn more about healthy sleep at <https://www.thensf.org/sleep-awareness-week/>

Poison Prevention Week

- Accidental poisonings can happen to anyone! Learn how to protect yourself and your loved ones from an accidental poisoning at <https://www.njpies.org/poisons-prevention/>



Mindful March: Journaling

Keeping a journal is a great way to reduce stress! Journaling has been shown to reduce depression and anxiety by encouraging mindfulness, promoting creativity, and improving emotional awareness.

Check out Action For Happiness's Mindful March calendar for daily gratitude and journal prompts!

<https://actionforhappiness.org/sites/default/files/Mar%202023.jpg>

Community Resources

- 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 or 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 OR 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
 - CALL 800-222-1222 or TEXT 973-339-0702
 - <https://www.njpies.org/about-njpies/>