



October
2025

Westfield Regional Health Department

Your Health Matters

Monthly Newsletter

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



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Recipe of the Month

1

Handwashing Day-10/15

Washing your hands with soap is an effective and affordable way to prevent diseases and save lives.

Be a handwashing hero!

Clean hands remain a fundamental defense against the spread of infections, illnesses, and harmful germs. Whether in hospitals, schools, or everyday interactions, practicing handwashing with soap contributes to better health outcomes and a safer world.

Always wash your hands

- Before handling food
- After using the toilet

1. Wet just enough water to cover your hands
2. Lather for 20 seconds
3. Rinse with running water

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September is Breast Cancer Awareness Month

Breast Cancer Awareness Month is a global health initiative observed every October, dedicated to promoting early detection and lowering the risk of breast cancer, a disease impacting 2.3 million women around the world. Recognized by its signature pink theme, the month includes various campaigns and programs aimed at raising awareness and supporting those affected such as:

- support people diagnosed with breast cancer, including those with metastatic breast cancer
- educate people about breast cancer risk factors
- encourage women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk
- raise money for breast cancer research

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2

Domestic Violence Awareness Month

Despite progress in addressing domestic violence, an average of 20 people are abused by an intimate partner every minute—over 10 million annually. About 1 in 3 women and 1 in 4 men experience physical abuse, with millions more, including children, living in silent fear at home. The impact extends beyond victims, affecting entire households and leaving lasting emotional, social, and academic scars, especially on children. NJ Statewide Domestic Violence Helpline: [1-800-572-SAFE \(7233\)](tel:1-800-572-SAFE(7233))

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World Osteoporosis Day-10/20

Osteoporosis literally means 'porous bone'. It is a condition where bones become thin and lose their strength as they become less dense and their quality is reduced. This can lead to broken bones, which cause pain and disability. Broken bones due to osteoporosis can be life-changing, with a serious impact on quality of life, mobility, and independence. Osteoporosis is often called the 'silent disease' because most people don't know they have the disorder until they break a bone after a minor fall or bump (known as a fragility fracture).

It's unacceptable!



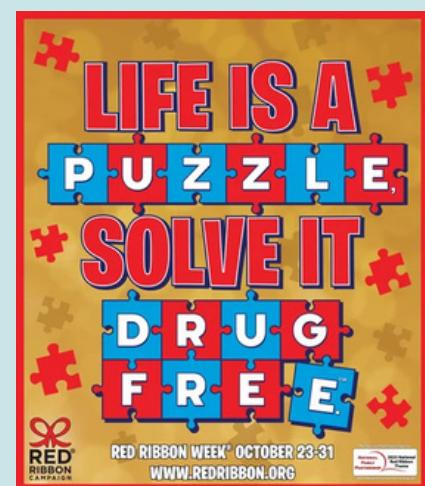
Some things you can do:

- Keep a healthy body weight
- Eat a bone-healthy diet
- Get enough vitamin D
- Avoid excessive alcohol intake
- Get regular exercise
- Don't smoke

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Red Ribbon Week

Red Ribbon Week, October 23-31, is the nation's largest and longest-running drug-use prevention campaign. It is an ideal way for people and communities to unite and take a visible stand against drugs. The mission of the Red Ribbon Campaign® is to present a unified and visible commitment towards the creation of a drug-free America. Show your personal commitment to a drug-free lifestyle!

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3 Bullying Prevention Month



Every day, thousands of young people experience bullying from their peers at school, after school in their neighborhoods, and even when they are at home, through social media and texts. There are many ways to support bullying prevention as an individual or with friends, family, your school, or your entire community. Learn how to prevent bullying and promote kindness, acceptance, and inclusion all month long.

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National Prescription Drug Take Back Day

Did you know that prescription drugs thrown in the trash can be retrieved to be abused or illegally sold, or that drugs flushed down toilets contaminate the water supply? The drug overdose epidemic in the United States is considered a public health, public safety and national security threat. We can help prevent and reduce medication misuse and opioid addiction by properly disposing of any unneeded medications at home. Too often, unused prescription drugs find their way into the wrong hands, creating a dangerous and often tragic situation.

The Drug Enforcement Administration hosts [National Prescription Take Back Day](#) during the last Saturday of the months of April and October. DEA sponsors [collection sites](#) throughout the country where medications can be dropped off for proper disposal. You are encouraged to bring any expired, unused or unwanted medications to designated collection sites for proper disposal.

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4

Upcoming Events



Lead Testing: Consumer Products Check

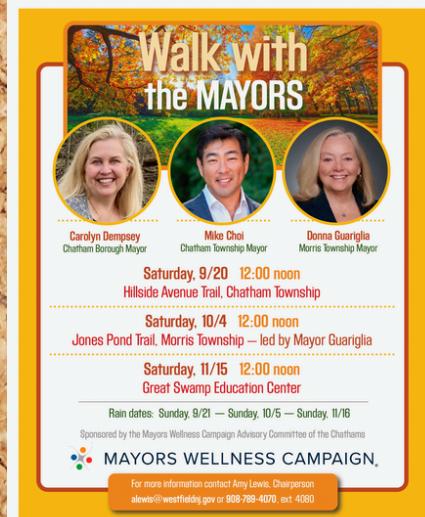
Worried about lead in everyday items? Bring your consumer products to a free lead testing event. Some common consumer products that may have lead include:

- Toys
- Spices
- Antique Houseware & Kitchenware
- Cosmetics
- Jewelry

Thursday, October 2, 2025 from 5-7pm
Casano Center
314 Chestnut St.
Roselle Park, NJ

Walk-ins welcome. No registration needed.

*Event hosted by Westfield Regional Health Department for educational purposes only.



Walk with the MAYORS

Carolyn Dempsey Chatham Borough Mayor
Mike Cho Chatham Township Mayor
Donna Guariglia Morris Township Mayor

Saturday, 9/20 12:00 noon
Hillside Avenue Trail, Chatham Township

Saturday, 10/4 12:00 noon
Jones Pond Trail, Morris Township – led by Mayor Guariglia

Saturday, 11/15 12:00 noon
Great Swamp Education Center

Rain dates: Sunday, 9/21 — Sunday, 10/5 — Sunday, 11/16

Sponsored by the Mayors Wellness Campaign Advisory Committee of the Chathams

MAYORS WELLNESS CAMPAIGN

For more information contact Amy Lewis, Chairperson
alewis@westfieldnj.gov or 908-789-4070, ext. 4080



Borough of Fanwood ANNUAL RABIES CLINIC

LA GRANDE PARK BUILDING

WEDNESDAY, NOVEMBER 12TH, 5PM-6PM

RABIES CLINIC FOR DOGS AND CATS. THE CLINIC IS FREE OF CHARGE. NO APPOINTMENT IS NECESSARY

CALL
908-322-8236

EMAIL
dfoster@fanwoodnj.org

INFO: FANWOOD NJ.ORG

Protect your family from hidden lead exposure with a free Lead Testing Event! Bring items like toys, spices, antique kitchenware, and imported goods for on-the-spot testing.

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DON'T MISS! 

The Walk with the Mayors series continues this fall sponsored by the Mayors Wellness Campaign Advisory Committee of the Chathams. If you are unable to attend, but would like to connect with the mayor, you can email Mayor Carolyn Dempsey at cdempsey@chathamborough.org.

LEARN MORE 

Reduce the risk of rabies outbreaks and protect public health! Join us for this FREE rabies clinic for dogs and cats at La Grande Park Building in Fanwood on November 12 from 5-6 pm. No appointment necessary.

LEARN MORE 

Recipe of the Month

Quick-Pickled Vegetable Sushi Rolls with Avocado

Who says that making your own sushi rolls needs to be complicated? These rolls, filled with avocado and lightly pickled veggies, are both easy and nutritious—and perfect for an afternoon snack.



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