

# Board of Health Presentation

February 6, 2024



**MAPLEWOOD**  
HEALTH DEPARTMENT



# February is Heart Health Month

About

**470,000**

**people in New Jersey  
have coronary  
heart disease.**



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

**Learn more at [hearttruth.gov](https://hearttruth.gov)**

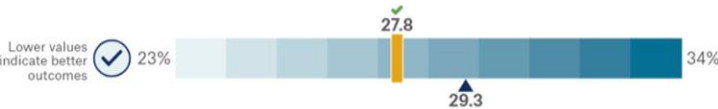
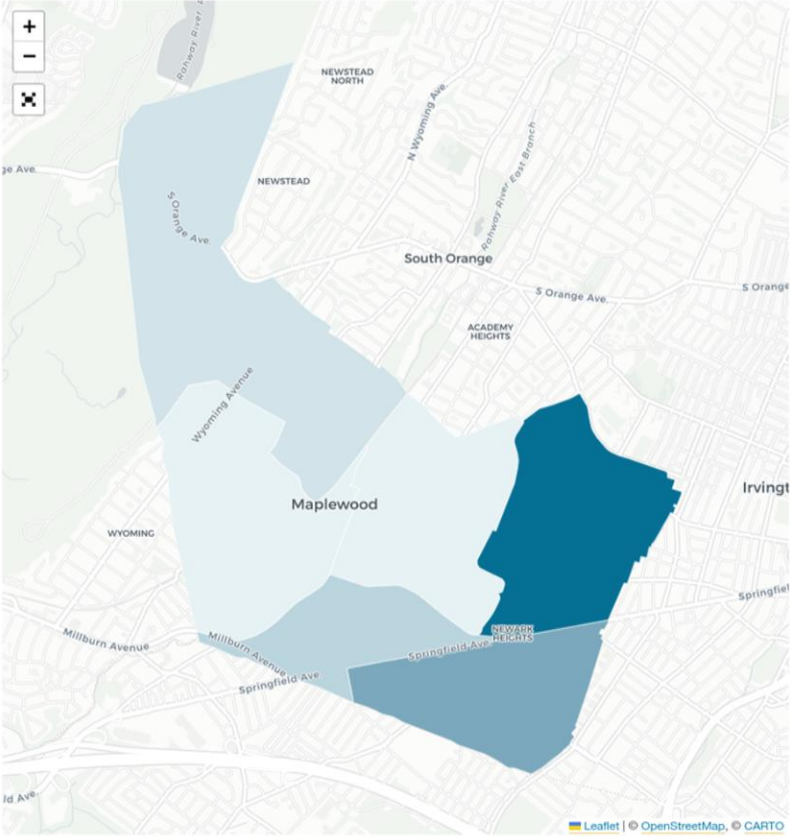
Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2022.



# Heart Health Data

## High Blood Pressure in Maplewood, NJ

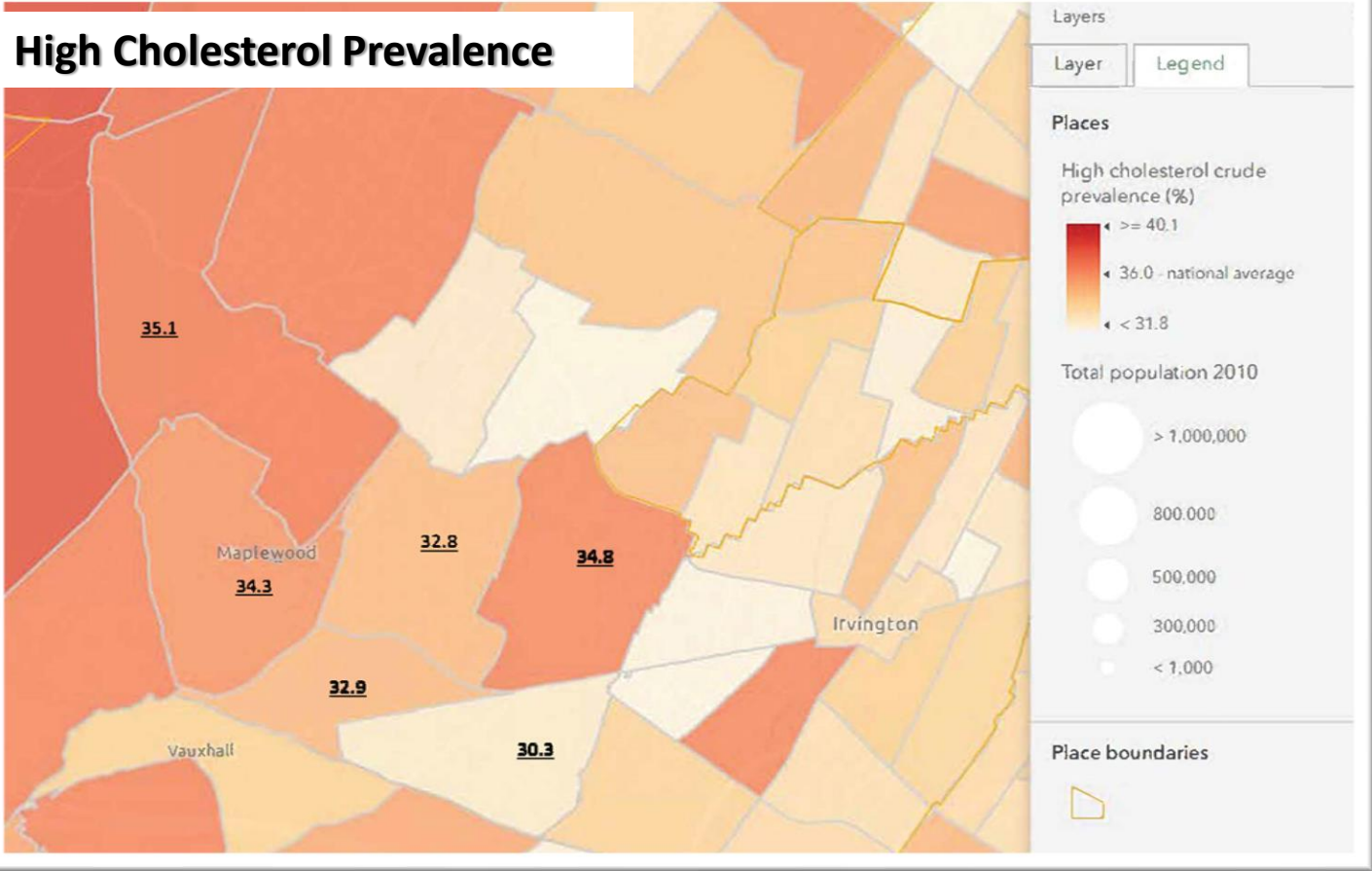
Source: City Health Dashboard; Data from PLACES Project, Centers for Disease Control, 2021



Maplewood had an estimated 27.8% of adults report high blood pressure in 2021, compared to an average of 29.3% across the Dashboard's cities.

City or census tract value    Dashboard-City Average    Present when value is better than Dashboard-City Average    Better Outcomes

## High Cholesterol Prevalence

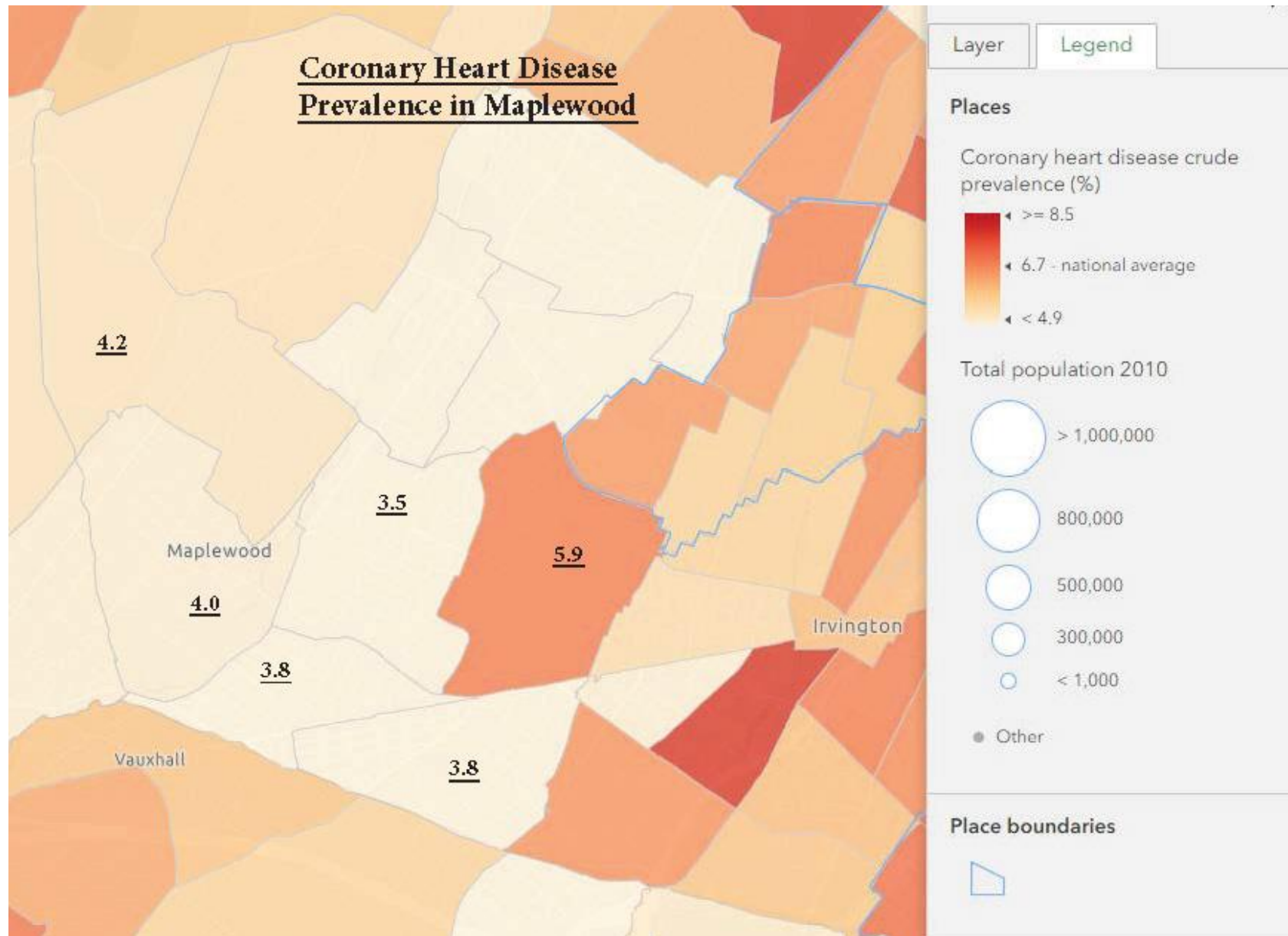


Source:

PLACES Project, Centers for Disease Control. Data from 2021, 1 year modeled estimate.



# Heart Health Data



Source:

PLACES Project, Centers for Disease Control. Data from 2021, 1 year modeled estimate.



# Live to the Beat Campaign: Pulse Check

Pulse Check is a free resource from Live to the Beat that Helps you customize your own small steps for *heart-healthy living* with tips, contents, and quizzes

Try it today:

[www.livetothebest.org/pulsecheck](http://www.livetothebest.org/pulsecheck)





# BE **STROKE** SMART

LET YOUR FAMILY AND FRIENDS KNOW THAT:

- > Urgency is key
  - As soon as something seems off with a loved one call 911
- > Get the facts
  - Stroke can be sudden, easy to miss. Knowing sudden symptoms is important
- > EMS is there to help
  - Calling 911 and getting EMS care could help a loved one
  - Being wrong is OK. Even if it turns out not to be a stroke, calling 911 is the right thing to do
- > Spread the word
  - It might have a lasting impact



Text **STROKE** to 80395 or visit **STROKEAWARENESS.COM** to learn more.

By texting STROKE to 80395 you agree to receive up to three autodialed text messages from Genentech about the symptoms of stroke. Consent is not a requirement of purchase or enrollment. Message and data rates may apply. Additional information available at: <https://www.pulsehealth.tech/tos-genentech.html>

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**Genentech**  
*A Member of the Roche Group*



# WHO IS MOST AT RISK FOR STROKE?

## **STROKE** can happen to anyone at any time

There are a number of risk factors for stroke—some that you can manage and some that are out of your control.



### **RISK FACTORS THAT CANNOT BE CHANGED:**

- **Age:** Stroke can occur at any age; 1 out of 5 people who have a stroke are under 55 and your chance of stroke increases as you get older
- **Race:** African Americans, Hispanics, and Asian/Pacific Islanders have a higher risk of stroke than people of other races
- **Gender:** More women have stroke than men and more women die from stroke than from breast cancer every year
- **Family history:** You are at greater risk if a family member has had a stroke

### **MANAGEABLE RISK FACTORS INCLUDE:**

- High blood pressure
- Atrial fibrillation (A-fib)
- High cholesterol
- Smoking
- Diabetes
- Poor circulation
- Lack of physical activity
- Obesity

**STROKE. REACT. DON'T REGRET. CALL 911.**



# KNOW HOW TO REACT

Be prepared to recognize **STROKE** and take immediate action

**STROKE SYMPTOMS ARE SUDDEN AND SERIOUS.**

They can be easy to miss, but you know your loved ones best—and when they're not quite themselves. So, trust your instincts and call 911 if something seems off.



**WAITING TO SEE IF SYMPTOMS GO AWAY IS NOT AN OPTION.**

When it comes to stroke, time matters.  
Your immediate action can help prevent brain damage  
and long-term disability.

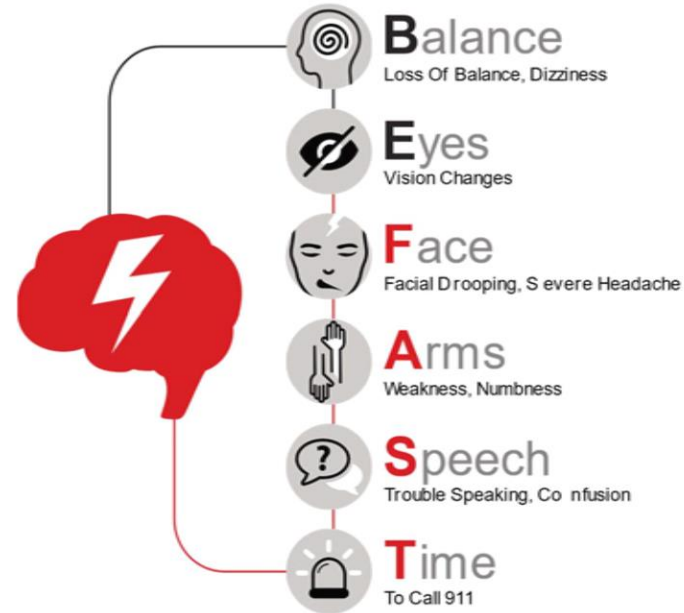
**STROKE. REACT. DON'T REGRET. CALL 911.**





# KNOW HOW TO REACT

To help you recognize signs of **STROKE**,  
remember **BE FAST**



Now, learn more about these **sudden symptoms** of stroke.

BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. Copyright 2011, Intermountain Healthcare.

**STROKE. REACT. DON'T REGRET. CALL 911.**

**Keep this  
information with  
you!**

Visit the Maplewood  
Health Department  
at 574 Valley St to  
get your "BE FAST"  
Stroke Response  
wallet cards, badge  
cards, and pamphlets





**Tuesday February 20th • 11AM**

**YOU ARE WHAT YOU EAT!**  
**A healthy diet and lifestyle are the key components to heart health.**

**Presented by Elizabeth Iozzino RD, CDCES, a Registered Dietitian and Certified Diabetes Care & Education Specialist from Overlook Medical Center.**

**Heart health screenings, including blood pressure, glucose, and cholesterol tests will be offered through the Essex County Mobile Health Clinic. Preregistration for screenings is required (12pm-2pm) contact the Maplewood Health Department at 973-762-8120 x4300 or email [amarkarova@maplewoodnj.gov](mailto:amarkarova@maplewoodnj.gov)**



**RWJ Barnabas Health**



**There is no fee but pre-registration is required.  
A light lunch will follow • Seats are limited.**

**AT MAPLEWOOD SENIOR CENTER (106 BURNETT AVE)**

**REGISTER NOW!**  
**[HTTPS://MAPLEWOOD.RECDESK.COM](https://maplewood.recdesk.com)**  
**(908) 656-0878**





# SENIOR WELLNESS & HEART HEALTH EVENT



- ★ Free Blood Pressure, Cholesterol and Glucose Screenings
- ★ Post-stroke care
- ★ Eye exams
- ★ Grief counseling
- ★ Light Refreshments

**TUESDAY, FEBRUARY 27, 2024 | 10:00AM-2:00PM**

FREE, FAMILY-FRIENDLY ACTIVITIES & RESOURCES TO STRENGTHEN THE COMMUNITY.

LA CASA DE DON PEDRO'S FAMILY SUCCESS CENTER I | 23 BROADWAY, NEWARK, NJ | NO RSVP REQ'D



# Animal Control Update





Applications are  
still open  
with a \$7 late fee

NOW AVAILABLE



## 2024 Dog & Cat Licenses

**\$15 FOR NEUTERED/SPAYED PETS**  
**\$18 FOR NON-FIXED PETS**  
A \$7 LATE FEE WILL BE APPLIED  
AFTER 1/31/24



ACCORDING TO TOWN ORDINANCE  
113-7: LICENSES SHALL BE REQUIRED  
FOR ALL DOGS/CATS OF LICENSING  
AGE



<https://tinyurl.com/ysthr3pr>



**QUESTIONS?**  
Call 973-762-8120 ext 2006



**MAPLEWOOD**  
HEALTH DEPARTMENT

Use this QR code or  
link to register now





## BLOOMFIELD ANIMAL SHELTER/ANIMAL CONTROL



### MONTHLY REPORT

Month & Year: JANUARY 2024

City: MAPLEWOOD

#### 1. ACO PATROL ACTIVITIES IN THE FIELD

Total # of Animal Control Calls	5
Total Domestic	3
Total Sick/Injured Wildlife	2
Total Bite Investigations	1
Total # of After-Hours Calls	1

# Environmental Health





## Radon

## Turning Data into Action

### Ideas for Taking Action

#### Residents

- Use a home test kit or hire a [NJDEP-certified business](#) to test your home for radon.
- Mitigate your home if your radon test results are 4 picocuries per liter (pCi/L) or higher.
- Stop smoking if you have radon in your home. Radon causes lung cancer in both non-smokers and smokers, but the risks are greatest if you smoke.

#### Local Government and Community Groups

- Conduct radon education and awareness in your community. Contact the NJDEP's [Radon Program](#) for communication materials.
- Work with [schools](#) to develop a radon action plan.
- Provide or assist residents in getting radon test kits.
- Collaborate with the [New Jersey Chapter of the American Lung Association](#) to promote smoking cessation.
- Create incentive programs for landlords and small businesses to mitigate high radon residences.

### What Are Some Things the State Is Doing?

#### NJ Department of Environmental Protection

- Conducts outreach activities to educate the public on the risks of radon and home testing and mitigation.
- Adopted rules requiring the certification of [all businesses and individuals conducting radon testing and mitigation](#) in New Jersey to ensure high quality radon services.
- Provides [small grants](#) to municipalities and counties to purchase radon test kits to hand out free to residents.

#### NJ Department of Community Affairs

- The New Jersey Uniform Construction Code (UCC) requires that all homes and schools built in [Tier 1 \(high radon potential\) municipalities](#) include radon-resistant construction features.



Radon →  
vent pipe



#### Learn more about Radon:

- [NJDEP's Radon Program](#)
- [New Jersey Radon Tier Assignment Report](#)
- [New Jersey Radon Hazard Subcode](#)
- [NJ Quitline](#)
- [USEPA Radon Information](#)
- [CDC Radon Information](#)





# Environmental Health-January

- Restaurant inspections: 16
  - Pre-operation inspections: 0
  - Re-inspections: 3
  - Mobile Food Trucks: 0
- School inspections: 0
- Daycare inspections: 0
- Camps: 0
- Kennels: 0
- Complaints: 35
- NOV's:12
- Summonses:1



# Communicable and Infectious Disease Update



## Nursing Report- January

Reportable Disease Investigated: 3

COVID-19 Cases Investigated: 7

Initial Immunization Audits: 12

Immunization Re-audits: 1



# COVID and COVID Vaccine Update

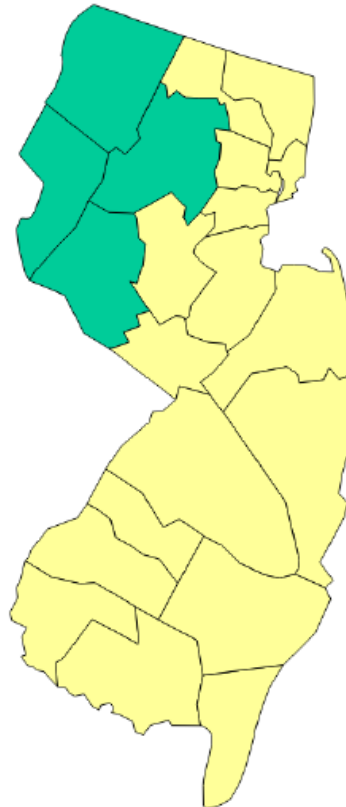




# COVID-19 update January 20, 2024

## 1. COVID-19 Hospitalizations

This report summarizes surveillance information for COVID-19, RSV, and other non-influenza viral respiratory illnesses. For information on influenza, please refer to the [weekly Influenza Surveillance Reports](#).



[CDC COVID-19 hospital admission levels](#) are the primary surveillance indicator to help guide individual and community decisions related to risk and preventative measures. The number of new COVID-19 hospital admissions for every 100,000 persons in the past week is used to classify county risk levels as low, medium, or high as follows:

New COVID-19 Hospital Admissions per 100,000 population	
Low	<10
Medium	10.0 – 19.9
High	≥ 20.0

In addition to new hospital admissions, the percentage of inpatient beds and ICU beds occupied by COVID-19 patients are important metrics for monitoring COVID-19 activity. Table 1 includes current values for these metrics and a comparison from the previous week. Many individuals have immunity against COVID-19 due to vaccination and/or prior infection. Immunity, in addition to treatments, have greatly reduced the risk of severe outcomes from COVID-19. In the meantime, immunocompromised individuals and persons with certain underlying health conditions continue to be at higher risk for severe illness. The following table includes recommendations for protecting yourself, your family, and communities. Additional information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>.



# 2023-2024 COVID-19 Vaccine Guidance



## COVID-19 Vaccine

### ***What can it do?***

Significantly reduce the risk of severe COVID-19.

### ***Who is eligible?***

Most people over 6 months old are eligible for the vaccine series or a booster.

### ***When to get immunized?***

Immediately, if never vaccinated. Otherwise, consult with a healthcare provider about a booster dose.

*For more information, consult your healthcare provider.*

SOURCE: [covid19.nih.gov/news-and-stories/bivalent-boosters-offer-better-protection-against-omicron](https://www.covid19.nih.gov/news-and-stories/bivalent-boosters-offer-better-protection-against-omicron)

To locate a 2023-2024 COVID-19 vaccine near you visit:  
<https://www.vaccines.gov/>



**MAPLEWOOD**  
HEALTH DEPARTMENT

# Health Department test kits available to South Orange and Maplewood Residents



## How can I get free COVID-19 Rapid Home Test Kits?

1. Visit the Maplewood Health Department. We have free Rapid "BinaxNOW" COVID Tests at the Maplewood Municipal Building  
574 Valley St  
M-F 9-4:30

2. Beginning November 20th, every US household can place an order to receive four more free COVID-19 rapid tests. Visit <https://www.covid.gov/tests>



### EXPIRED DATE

Before you throw out "Expired" Tests: Check to see if your COVID-19 tests' expiration dates have been extended.

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-test>

Call 973-762-8120 x.2006 or email [HealthDepartment@maplewoodnj.gov](mailto:HealthDepartment@maplewoodnj.gov) with questions

## When to Take an At-Home COVID-19 Test



- 1 You have symptoms of COVID-19
- 2 You had close contact with someone who has COVID-19
- 3 You will be with someone who is at high risk for severe COVID-19
- 4 You plan to attend an event or gathering

Learn more about when to take an at-home COVID-19 test and what to do with your results.





# COVID-19 Testing Guidance

## When to Get Tested for COVID-19

- If you have symptoms, test immediately.
- If you were exposed to COVID-19 and **do not have symptoms**, wait at least 5 full days after your exposure before testing. If you test too early, you may be more likely to get an inaccurate result.
- If you are in certain high-risk settings, you may need to test as part of a screening testing program.
- Consider testing before contact with someone at high risk for severe COVID-19.



## Most Common Types of Tests

**Laboratory tests**, such as PCR tests, are very accurate because they detect viral genetic material. They usually provide results in 2–3 days.

**At-home antigen tests** are less accurate, especially for people without symptoms and early in an infection, because they detect your body's response to the virus. They usually provide results in 15–30 minutes.

A single, negative antigen test result does not rule out infection. To best detect infection, a negative antigen test should be repeated at least 48 hours later (known as serial testing). Sometimes a follow-up laboratory test is recommended to confirm an antigen test result.



## Test Results

### If your test result is positive:

*Any positive COVID-19 test means you have an infection.*

- Isolate for at least 5 days from symptom onset or test date if asymptomatic.
- Inform recent contacts that they may have been exposed.
- Monitor your symptoms. If you have any emergency warning signs, seek emergency care immediately.
- Contact a healthcare provider to see if treatment is available for you.

### When can isolation end?

- You may end isolation after day 5 if:
  - You have no symptoms after day 5
  - You have been fever-free for 24hrs without fever-reducing medication

*Continue wearing a mask through day 10. You can test out of wearing a mask if you receive two test negative antigen tests taken 48 hours apart from each other (day 6 and 8).*



### If your test result is negative:

#### Laboratory negative test result:

- If you tested negative 5 days after exposure, you do not have COVID-19
- If you do not have symptoms and you have not been exposed to the virus that causes COVID-19, you may return to normal activities. Continue to take steps to protect yourself and others, including monitoring for symptoms. Get tested again if symptoms appear.

#### At-home antigen negative test result:

- A negative COVID-19 test means the test did not detect the SARS-CoV-2 virus at the time of that test.
- If you do not have symptoms, but were exposed to the virus that causes COVID-19 and you used an antigen test it is strongly recommended that you:
  - Test again 48 hours after the first negative test.
  - If your second antigen test is negative, test a third time 48 hours after the second negative test.
- If you have symptoms and you used an antigen test:
  - Test again 48 hours after the first negative test, for a total of at least two tests.
  - If your second antigen test is negative, test a third time 48 hours after the second negative test.
  - Consider getting a laboratory test, or contact your healthcare provider if you have questions or if your symptoms worsen.

# COVID-19 Testing Guidance

## Reinfection

- Reinfection can occur within 90 days- which can make it hard to know if a positive test indicates a new infection
- Some tests, especially PCR tests, may continue to show a positive results for up to 90 days

## What to do if...

### My first positive antigen test was within 30 days or less

- **Symptomatic:** Use an antigen test. Repeat negative tests following FDA recommendations (see pg.1).

- **Asymptomatic:** Testing is not recommended to detect a new infection

### My first positive antigen test was within 31-90 days

- **Symptomatic:** Use an antigen test. Repeat negative tests following FDA recommendations (see pg.1)

- **Asymptomatic:** Use an antigen test. Repeat negative tests following FDA recommendations(see pg.1).



For more information please refer to the CDC's COVID-19 web page: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



# Flu and RSV Vaccine Update

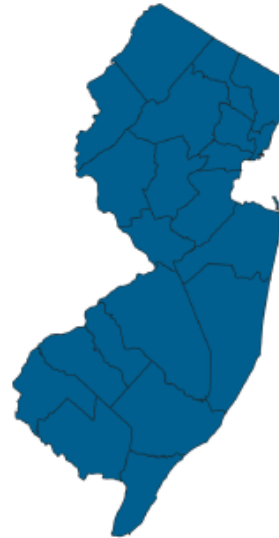


# Influenza Transmission January 27, 2024

## 1. Current Influenza Activity Level

This report summarizes surveillance information for influenza illnesses reported to the New Jersey Department of Health (NJDOH) Communicable Disease Service. As per regulation, influenza is a laboratory reportable condition but it is not possible to count every case that occurs since some individuals will not seek medical care or may never get tested. Surveillance is conducted year round and this report is published from October to May. The [Morbidity and Mortality Weekly Report \(MMWR\) week](#) is the time frame used by the Centers for Disease Control and Prevention (CDC) for disease reporting and activity Levels are defined in the table on page 7 of this report. Counts displayed below are the cumulative totals reported for the season beginning with MMWR week 40, week ending October 7, 2023.

State Activity Level	
HIGH	
Regional Data	
<b>Northwest</b> <small>Morris, Passaic, Sussex, Warren</small>	HIGH
<b>Northeast</b> <small>Bergen, Essex, Hudson</small>	HIGH
<b>Central West</b> <small>Hunterdon, Mercer, Somerset</small>	HIGH
<b>Central East</b> <small>Middlesex, Monmouth, Ocean, Union</small>	HIGH
<b>Southwest</b> <small>Burlington, Camden, Gloucester, Salem</small>	HIGH
<b>Southeast</b> <small>Atlantic, Cape May, Cumberland</small>	HIGH



46,243

Cases reported (PCR & Rapid)

76

Total Outbreaks

2

Pediatric flu deaths (confirmed)





# Social Services/ Mental Health





SOUTH ORANGE | MAPLEWOOD  
COMMUNITY  
COALITION  
ON RACE

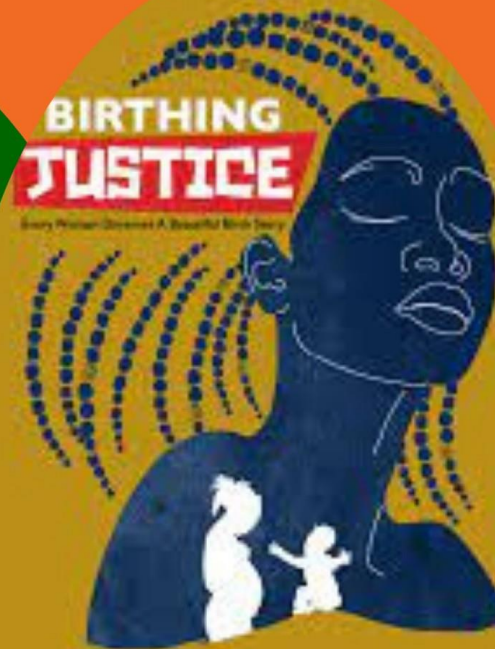
## BLACK HISTORY MONTH SCREENING

**SOPAC LOFT  
1 SOPAC WAY  
SOUTH ORANGE**

**FEBRUARY 29  
7:00 PM**

**Learn about the personal  
pregnancy and birth stories  
of Black women and efforts  
to fix the disparate rates of  
their death during  
childbirth.**

**Register  
Here**





# Universal Home Visiting

Family Connects NJ is a **free, voluntary program** offering a visit at home by specially trained nurses for any family caring for a newborn baby. The program is available to all New Jersey families.

During the critical first weeks following childbirth, Family Connects NJ provides families with a private visit at home by a specially trained nurse. Program nurses will check the baby's weight, assess physical and emotional health of both newborn and parents. Family Connects NJ nurses also provide information on important topics like feeding, sleeping, and community resources available, if needed.

## How to Enroll

Families can learn more information and request a nurse visit by visiting the Family Connects NJ website. For families who would rather enroll by phone, the website also includes phone numbers for local Family Connects NJ nurse providers in your home county.

To learn more and sign-up,  
visit [FamilyConnectsNJ.org](https://FamilyConnectsNJ.org)  
or scan the QR code.



## Program Highlights

- ✓ Care is provided at **no cost to you**, in the comfort of the family home, and is completely voluntary.
- ✓ Services are available to **birth, adoptive, and resource families** with a newborn, as well as parents experiencing a stillbirth or loss of their newborn.
- ✓ Nurse visits are initially open to residents of Essex, Middlesex, Mercer, Cumberland, and Gloucester Counties starting in January 2024.\*
- ✓ Specially-trained registered nurses evaluate health, screen for potential complications, answer questions, and address any unexpected changes families are experiencing during the first two weeks after delivery.
- ✓ Nurses will connect families to **community resources** based on their specific circumstances.

\*While the program will initially be limited to select counties, it will gradually expand service to additional NJ counties.





THE ESSEX  
PREGNANCY  
AND PARENTING  
CONNECTION

Call Us Today  
For More  
Information

973-621-9157

Text "EPPC" to 313131

[essexpregnancyandparenting.org](http://essexpregnancyandparenting.org)

CONNECT  
WITH US



parent  
leadership



Pregnancy  
Education  
& Support

health  
& social  
services

Home Visiting Services



phone  
support

parent  
events



Parent Education  
& Support Groups

mental  
health  
resources



Childcare  
Information  
& Resources



Resources  
on Child Development

connection hub

We connect  
expectant families and those  
with children under 8 to  
community resources needed  
to stay healthy, safe,  
and supported.





# SAVE CANCER SCREENING

FEBRUARY 2024

## MAMMOGRAPHY IN MOTION CALENDAR



A Screening Could  
Make the Difference



Screening  
Access of  
Value to  
Essex Residents



**Tuesday, 13, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST SCREENING**  
1:00 PM – 4:00 PM

SCHEDULE YOUR AGENCY



GET ON BOARD !

**Wednesday, 7, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST & CERVICAL**  
8:00 AM – 12:00 PM

**Wednesday, 14, 2024**  
**NO SCREENING**

**Wednesday, 21, 2024**  
**NO SCREENING**

**Thursday, 1, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST SCREENING**  
11:00 AM – 3:00 PM

**Thursday, 8, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST & CERVICAL**  
8:00 AM – 12:00 PM

**Thursday, 15, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST & CERVICAL**  
8:00 AM – 12:00 PM

**Thursday, 22, 2024**  
**NO SCREENING**

**Friday, 2, 2024**

**NO SCREENING**

**Friday, 9, 2024**

**NO SCREENING**

**Friday, 16, 2024**

**NO SCREENING**

**Friday, 23, 2024**  
*UH-Rutgers/Cancer Center*  
973-972-7007 \* 973-972-0310  
**BREAST & CERVICAL**  
8:00 AM – 12:00 PM

BRING THIS MOBILE CLINIC TO YOUR COMMUNITY

## SAVE (Screening Access of Value to Essex Residents) February Breast and Cervical Cancer Screening Schedule





# FEBRUARY 2024

## Give Kids A Smile Location Calendar

[www.njda.org/GKAS](http://www.njda.org/GKAS)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 All Care General Jersey City A & M Dental Studio Parsippany JFK Dental Clinic Edison	2 Please see right- hand side for participating practices	3 Jack & Jill, Inc Plainfield
4	5 Camden Co College Blackwood Englewood Dental Englewood Pediatrics on Park South Plainfield	6 CAMcare Health Corp Parsippany Eastern International College Blackwood Sunny Smiles Mahwah VNACJ CHC Red Bank	7 CTOR Academy Hoboken Pediatric Dental Randolph Sunny Smiles Mahwah	8	9 Fortis Institute Lawrenceville Pleasant Avenue Dental Maywood	10 Hello Dental Haledon Pearl Family Dentistry North Plainfield Riverview Dentistry Hoboken
11	12	13 Sunny Smiles Mahwah	14 Sunny Smiles Mahwah	15	16 Sunny Smiles Mahwah Hackensack Meridian Montclair VNACJ CHC Keyport Pediatric Dental Associates Cherry Hill	17
18	19	20 Sunny Smiles Mahwah Sycamore Smiles Tinton Falls	21 Sunny Smiles Mahwah	22	23	24 Saddle Brook Family Dentistry Saddle Brook
25	26 VNACJ CHC Asbury Park Sunny Smiles Mahwah	27	28 Dental Hygiene School Edison Sunny Smiles Mahwah Hackensack Meridian Montclair	29	To schedule an appointment, please call one of the practices directly. Phone numbers are listed on the location list.	

## FEBRUARY 2

Belleville Dental Center, PC- Parsippany  
 Bergen Community College- Paramus  
Boys & Girls Club of Newark- Newark  
 CAMcare Health Corporation- Camden  
 Center for Dentistry- Hackensack  
 Center for Health Education- Lakewood  
 Cherry Hill Dental Smiles- Cherry Hill  
 Compassionate Dental Care- Voorhees  
 Dentistry for Children- Clifton  
 Designing Smiles- Hackensack  
 Mary Flanagan Pediatric Dentistry- Clark  
 Dunn Dental- Bayville  
 Esposito Family Dental- Moorestown  
 For You Dentistry- Bridgewater  
 Fortis Institute- Wayne  
Hackensack Meridian Health Center - Montclair  
 Itsy Bitsy Dental- Bloomfield  
 Kids Smile, PC- Monmouth Jct  
 Kidz World Dentistry- Cedar Knolls  
 KidZdent- Old Bridge  
 Kindersmile Community Oral Health Center- Trenton  
 Kindersmile Foundation- Bloomfield  
 Lake Family Dentistry- Colonia  
 Michael J Armento, DMD- Randolph  
 Monmouth Dental Arts- Oakhurst  
 Morristown Medical Center- Morristown  
 Morrone, Kaye & Yucha Orthodontics- Moorestown  
 My First Dentist- Englishtown  
 Native Dental- Jersey City  
 Neighborhood Health Center- Elizabeth & Plain field  
Newark Community Health Center- West Orange & Newark  
 NJ Kids Dental- Union  
 Ocean Health Initiative- Lakewood  
 Ocean Pediatric Dental Associates- Toms River  
 Ocean Orthodontics & Pediatrics- Westfield  
 O'Connell & Goldberg PR- Wayne  
 Paterson Public Schools- Westwood  
 Rowan College at Burlington County- Mount Laurel  
Rutgers School of Dental Medicine- Newark  
 Smile Central Dental PC- Paterson, Union City, Passaic, Dover  
 St. Joseph's Health Center- Paterson  
 Sunny Smiles- Mahwah  
 The Smile Spa of North Jersey- Midland Park  
 Tooth Patrol Pediatric Dentistry- Moorestown  
 Turner-Wood Dental- Glassboro  
 West Long Branch- West Long Branch  
 Zufall Health- Dover

Give Kids A Smile is designed to offer dental care to children who otherwise do not see a dentist. Dental services and event dates may vary by location.

**SCHEDULE AN  
APPOINTMENT FOR  
YOUR CHILD TODAY.**  
[www.njda.org/GKAS](http://www.njda.org/GKAS)







## Adult Mental Health First Aid Training

Mental Health First Aid is an 8 hour in-person or 6.5 hour virtual training that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. **The training helps identify, understand, and respond to signs of mental illnesses and substance use disorders.**

### This course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Leverage your MWC to increase support for people who may be experiencing a mental health or substance use problem.

Learn how to help a someone in distress.  
Recognize symptoms. Learn a 5-step action plan.

Take the course. Save a life.  
**Strengthen your community.**

This 6.5 hour training will take place **virtually on Thursday, February 22 from 9:30 a.m. to 4 p.m.**  
*Participants are required to complete 2 hours of online pre-work prior to the start of the class.*

### WHO SHOULD ATTEND

- Municipal Officials and Staff
- Adults who work with youth
- Parents, Grandparents, Aunts, Uncles
- Municipal Employees
- Community Members

**\*Participants will need to be on camera for the entire training to receive certification.**

### WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common sign sand symptoms of substance use.
- How to interact with a person in a crisis.
- How to help connect the person with help.

**Nearly 1 in 5 adults lives with a mental health condition**  
*(National Institute of Mental Health)*

To register, email your name, title and cell phone number to  
**Katie Bisaha at [kbisaha@njhcqi.org](mailto:kbisaha@njhcqi.org)**



COPE/Oaks Integrated Care Inc. Presents  
A Virtual Connection Zoom# 834-317-0570

All Recovery  
**COMMUNITY**  
meeting

MEETING STARTS  
AT 6:30PM  
DECEMBER 1ST 2023

JOIN US EVERY FRIDAY

**Open Topic Discussion:**

Empowerment, Recovery and Sobriety,  
Relationships, Family, Employment and More !

Facilitator  
Carlita Singletary NCPRSS



# njspotlightnews.org - How this NJ law is helping to curb opioid prescriptions

2/1/2024

## **njspotlightnews.org - How this NJ law is helping to curb opioid prescriptions**

Legislation was enacted in New Jersey in 2017 to limit opioid prescriptions from 30 days to five days for acute pain in both inpatient and outpatient health care settings. A recent study, conducted at Morristown Medical Center, examined the effects of that law and found it is making a difference.



# Naloxone Saves Lives

Get it **NOW** to reverse opioid overdoses

**FREE!**



- No Prescription Needed
- Anonymous. No name, address or reason given.
- Anyone 14 years old & over

**Locations in South Orange to obtain FREE Narcan**  
**Stop & Shop of South Orange - 407 Valley Street**



For a complete list of pharmacies offering **FREE Narcan**, please log onto:  
**[Department of Human Services | \(nj.gov\)](http://nj.gov)**

For Addiction Help, 24/7  
Call: 1-844-REACHNJ







Robert Wood Johnson  
Medical School

Division of Addiction Psychiatry  
732-235-4341 Fax: 732-235-4277  
<http://rwjms.rutgers.edu/addiction>

## PREVENT OPIOID OVERDOSE, SAVE LIVES

In case of overdose, use naloxone

Rutgers Robert Wood Johnson Medical School and The Division of Mental Health and Addiction Services have partnered together to offer this **FREE** activity and service.

### FREE TRAINING AND NALOXONE NASAL SPRAY KITS

We offer free public trainings six times per month. Attendees who are 18 years of age and older, who reside, attend school, or work in New Jersey will receive a Narcan kit.

- First Monday of each month at 1:30 PM
- First Friday of each month at 12:30 PM
- Second Thursday of each month at 11:00 AM
- Second Wednesday of each month at 5:00 PM
- Last Monday of each month at 12:30 PM
- Last Tuesday of each month at 12:30 PM



\*\*\*Registration is required\*\*\*

**FREE TRAINING** via Zoom and **NALOXONE NASAL SPRAY KITS**  
SHIPPED

To register or if you have questions, please contact:

**Rutgers-Robert Wood Johnson Medical School**  
**Division of Addiction Psychiatry**

**732-235-4341**  
**[PreventOverdose@rwjms.Rutgers.edu](mailto:PreventOverdose@rwjms.Rutgers.edu)**

*Funded by the New Jersey Division of Mental Health and Addictions Services*



You can dispose of unused or expired medication safely at the  
Maplewood Police Department 24/7



# DISPOSE OF UNUSED OR EXPIRED MEDICATION SAFELY

**THE MAPLEWOOD POLICE DEPARTMENT  
HAS A PERMANENT DRUG DROP BOX  
AVAILABLE IN THEIR LOBBY 24/7  
1681 SPRINGFIELD AVE.**



**SAVE OUR STREAMS AND RIVERS:**  
Please do not throw medication in the sink  
or toilet





# MAKE THE RIGHT CALL

## Emergency

**911**

- Fire
- Severe injury or medical problem
- Criminal Activity
- Life threatening situation

## Mental Health Crisis

**988**

- Suicidal thoughts
- Emotional Distress
- Concern for a friend or family member

## Social Services

**211**

- Food
- Housing
- Utility Assistance
- Healthcare services
- Transportation
- Legal services
- Counseling & Support

## Poison Control

**800-222-1222**

Poison exposure from:

- Medications
- Household Cleaners
- Plants
- Bites/Stings
- Lead
- Pesticides
- Recreational Drugs



**MAPLEWOOD**  
HEALTH DEPARTMENT

All numbers available 24 hours a day 7 days a week.




Maplewood Health Department

# Medical Equipment Loaner Program

Wheelchairs, Walkers, Crutches,  
Canes, Shower Chairs, Commodes



To pick up what you need or to  
make a donation:

 **973-762-8120, x2006**

 **HealthDepartment@maplewoodnj.gov**

 **Or stop by:**  
**Maplewood Health Department**  
**574 Valley Street**  
**9AM to 4:30 PM Monday through Friday**



**We can longer accept donations  
of shower chairs or commodes  
at this time due to capacity.**

**If a resident has one they would  
like to donate, we suggest  
posting them to a Facebook  
Community Group or reaching  
out to local centers such as  
Winchester Gardens**

