



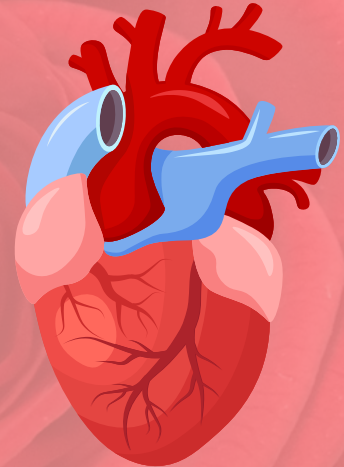
West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

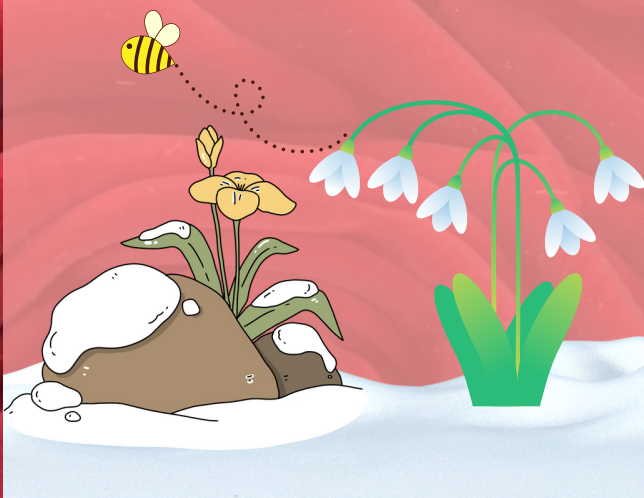
February is National Heart Health Awareness month!

- While there are many genetic factors at play, heart disease is preventable! Learn more about how to protect your heart at: https://www.heart.org/-/media/Healthy-Living-Files/Infographics/Prevention_Infographic.pdf
- Healthy aging is another way to protect your heart! Learn more at <https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>
- High blood pressure is a silent killer! Learn how to properly monitor your blood pressure at [https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/How to Measure Your Blood Pressure Letter Size.pdf](https://www.heart.org/-/media/Files/Health-Topics/High-Blood-Pressure/How_to_Measure_Your_Blood_Pressure_Letter_Size.pdf)



Preparing for Spring

- Get a head start on this year's spring cleaning by using safe cleaning products! Learn more at <https://www.poison.org/articles/spring-cleaning>
- Start preparing yourself and your home for spring weather! Check out <https://www.cdc.gov/nceh/features/springweather/index.html>



Spring Allergies

- Spring allergies can be a drag! Learn about what you can do for seasonal allergies at <https://www.nccih.nih.gov/health/seasonal-allergies-at-a-glance>
- Make cleaning out your medicine cabinet part of your spring cleaning this year. Learn what to keep and what to toss at <https://www.poison.org/articles/cleaning-out-the-medicine-cabinet>



Mindful Corner: Living Mindfully in 2023

- **For National Heart Health Awareness month, practice mindfulness for a healthy heart! Stress in your mind is stress on your heart. Mindfulness meditation is an effective way to reduce stress that has been practiced around the world for centuries. Learn more about how to boost your health and wellbeing through meditation at <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/meditation-to-boost-health-and-wellbeing>**
- **This Valentines Day, spread love and kindness to yourself and others through this Loving Kindness meditation. Check it out at <https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/loving-kindness-meditation-infographic>**
- **Random Acts of Kindness day is February 17th! Taking a few minutes to do something kind for someone is a great way to boost your mental wellbeing by brightening someone else's day. Mark your calendar and learn more at <https://nationaldaycalendar.com/national-random-acts-of-kindness-day-february-17/>**

**ALWAYS
CHOOSE
KINDNESS**

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/>