



OCTOBER 2023 | VOLUME 23



Public Health

# WEST CALDWELL HEALTH DEPARTMENT

SERVING WEST CALDWELL, NORTH CALDWELL & FAIRFIELD

## SAVE THE DATE!

JOIN THE WEST CALDWELL HEALTH DEPARTMENT ON OCTOBER 21ST AS WE PARTNER WITH SHOPRITE, SAFE KIDS ESSEX COUNTY AND THE FAIRFIELD POLICE DEPARTMENT TO PRESENT A SAFETY AND NUTRITION PROGRAM FOR PARENTS OF YOUNG CHILDREN!

SHOPRITE DIETICIAN, BARBARA GALVIN, WILL DISCUSS HEALTHY EATING FOR CHILDREN, FOLLOWED BY A CAR SEAT SAFETY DEMO INSTRUCTED BY SAFE KIDS ESSEX COUNTY'S, DORESHA JACKSON, AND THE FAIRFIELD POLICE DEPARTMENT.

ATTENDEES WILL BE ENTERED INTO A RAFFLE DRAWING FOR THEIR CHANCE TO WIN A GRACO 4-IN-1 CAR SEAT!

DATE:

SATURDAY, OCTOBER 21

TIME:

10:00 AM - 12:00 PM

LOCATION:

FAIRFIELD RECREATION COMPLEX  
221 HOLLYWOOD AVE.  
FAIRFIELD, NJ 07004

WIN A GRACO  
4-IN-1 CAR SEAT!



OPEN TO PARENTS AND CAREGIVERS - NO REGISTRATION REQUIRED.

PLEASE CONTACT THE WEST CALDWELL HEALTH DEPARTMENT AT (973) 226-2303 WITH ANY QUESTIONS.

## CDC'S BRIDGE ACCESS PROGRAM WHAT YOU NEED TO KNOW



CDC'S BRIDGE ACCESS PROGRAM PROVIDES NO-COST COVID-19 VACCINES TO ADULTS WITHOUT HEALTH INSURANCE AND ADULTS WHOSE INSURANCE DOES NOT COVER ALL COVID-19 VACCINE COSTS. NO-COST COVID-19 VACCINES THROUGH THIS PROGRAM WILL BE AVAILABLE UNTIL DECEMBER 31, 2024.

QUESTIONS OR WANT TO LEARN MORE? VISIT [CDC.GOV/VACCINES/BRIDGE](https://www.cdc.gov/vaccines/bridge) OR EMAIL [POLICYISDBRIDGE@CDC.GOV](mailto:POLICYISDBRIDGE@CDC.GOV)

YOU CAN GET NO-COST COVID-19 VACCINES AT HEALTHCARE PROVIDERS, FEDERALLY SUPPORTED HEALTH CENTERS AND RETAIL PHARMACY CHAINS PARTICIPATING IN THE BRIDGE ACCESS PROGRAM.

CLICK THE LINK BELOW TO FIND PROVIDERS THAT OFFER NO-COST COVID-19 VACCINES THROUGH THE BRIDGE ACCESS PROGRAM.

[HTTPS://WWW.VACCINES.GOV/](https://www.vaccines.gov/)

OCTOBER 2023 | VOLUME 23

## NATIONAL BREAST CANCER AWARENESS MONTH



OCTOBER CAN FEEL DIFFERENT FOR EACH OF US—SOME WEAR PINK TO CELEBRATE, SOME QUIETLY OBSERVE THE MONTH, SOME FEEL GRIEF AND SOME FEEL UNSEEN OR MISUNDERSTOOD. UNDERSTANDING YOUR CANCER RISK AND BEING PROACTIVE ABOUT YOUR HEALTH MAY HELP YOU LOWER YOUR RISK FOR GETTING BREAST CANCER OR FIND IT AT AN EARLY STAGE WHEN TREATMENT WORKS BEST.

LEARN WHAT YOU CAN DO TO LOWER YOUR RISK OF GETTING BREAST CANCER BY TAKING CARE OF YOUR HEALTH IN THE FOLLOWING WAYS:

[HTTPS://WWW.CDC.GOV/CANCER/BREAST/BASIC\\_INFO/PREVENTION.HTM](https://www.cdc.gov/cancer/breast/basic_info/prevention.htm)

ALTHOUGH BREAST CANCER IS MORE COMMON IN WOMEN, MEN CAN ALSO DEVELOP THIS DISEASE. IN THE UNITED STATES, LESS THAN 1% OF ALL BREAST CANCERS OCCUR IN MEN. CLICK THE LINK BELOW TO READ ABOUT SYMPTOMS, RISK FACTORS AND TREATMENT FOR MEN.

[HTTPS://WWW.CDC.GOV/CANCER/BREAST/MEN/INDEX.HTM](https://www.cdc.gov/cancer/breast/men/index.htm)



## HALLOWEEN HEALTH & SAFETY

KEEP THESE TIPS IN MIND TO HELP ENSURE YOUR CHILDREN HAVE A HEALTHY AND SAFE HALLOWEEN:

[HTTPS://WWW.HEALTHYCHILDREN.ORG/ENGLISH/SAFETY-PREVENTION/ALL-AROUND/PAGES/HALLOWEEN-SAFETY-TIPS.ASPX](https://www.healthychildren.org/english/safety-prevention/all-around/pages/halloween-safety-tips.aspx)

## MINDFUL CORNER: FREE MENTAL HEALTH & WELLNESS SUPPORT FOR NEW JERSEY COLLEGE STUDENTS

MANY COLLEGE STUDENTS STRUGGLE WITH MANAGING STRESS AND THEIR MENTAL HEALTH.

THE OFFICE OF THE SECRETARY OF HIGHER EDUCATION ESTABLISHED A FIRST-IN-THE-NATION PARTNERSHIP WITH MENTAL HEALTH AND WELLNESS SOLUTION, *UWILL*, TO PROVIDE COLLEGE STUDENTS IN NEW JERSEY WITH FREE, 24/7 ACCESS TO VIRTUAL MENTAL HEALTH SERVICES. THESE SERVICES INCLUDE TELETHERAPY, CRISIS CONNECTION AND WELLNESS PROGRAMMING, AS WELL AS ACCESS TO A DIVERSE NETWORK OF LICENSED AND QUALIFIED MENTAL HEALTH PROVIDERS WHO HAVE RECEIVED MULTICULTURAL COMPETENCY TRAINING.

CURRENTLY, THERE ARE 44 COLLEGES AND UNIVERSITIES PARTICIPATING IN THE PARTNERSHIP TO PROVIDE THESE SERVICES TO THEIR STUDENTS.

STUDENTS SEEKING ACCESS TO MENTAL HEALTH SUPPORT THROUGH THIS PARTNERSHIP SHOULD CONTACT THEIR RESPECTIVE CAMPUSES FOR ASSISTANCE. READ MORE ABOUT THIS INITIATIVE HERE:

[HTTPS://APP.UWILL.COM/REGISTER](https://app.uwill.com/register)