

Resident Newsletter

Township of
Morris, NJ

Public Health Informer FALL 2025

October-November 2025

WELCOME!

Welcome to our introductory issue of our Public Health Newsletter!

This goal of this newsletter is to improve the community's health, and that starts with you!

We wish to provide you with an "interesting read," including current and upcoming events, health and wellness insights and a resource hub to name just a few items. We hope you find something helpful in each issue.

Health Fair 2025 was a success!



Pictured above are Kathryn Whitehead, Public Health RN Supervisor giving a flu vaccine to Gerhardt Veinna

YAY 4 FALL!!

In this newsletter you can expect:

Greetings & Spotlight on....Fall! p. 1

Recent Events & Save the Dates p. 2-4

"Kathy's Korner" p. 5

Tech Savvy Tips p. 6

Seasonal & Environmental Health p. 7-9

Recipe for Wellness p. 10

Resources for You p. 11



Chuckles, Chortles, and Giggles: The Benefits of Laughter



Join us to explore the healing power of laughter and how joy boosts wellness

Presented by
Atlantic Health Systems

Tuesday October 21 2025
1:00 PM

Morris Township Municipal Building
50 Woodland Ave, Morris Township, NJ



Registration available on [Community Pass](#)
or by calling 973-285-2656



FREE RABIES CLINIC



When: Saturday November 1, 2025 9:00AM-11:00AM

**Where: New Vernon Fire House
22 Village Road
New Vernon, NJ**

Dogs and cats welcome.

All dogs must be on a leash and all cats must be on a leash or in a carrier

NJ State law requires all dogs and cats to be vaccinated with rabies vaccine. The state of New Jersey funds free rabies vaccine clinics throughout the year. Funding for the rabies vaccine comes from a portion of your dog and cat license fee. This is a no cost option to keep your pet healthy. Any resident in the state of NJ can attend these clinics.

If you cannot make this clinic, please visit the link below which lists Rabie clinics offered in Morris County throughout the year.

Healthy Eating As We Age



Join us to learn about the importance of healthy eating as we age.
Discover practical nutrition tips to fuel your body and mind.

Presented by
Atlantic Health Systems

Wednesday, November 19, 2025

1:00 PM

Morris Township Municipal Building
50 Woodland Ave, Morris Township, NJ



Registration available on Community Pass
or by calling 973-285-2656

Atlantic
Health System



MAYORS WELLNESS CAMPAIGN



Public Health®
Prevent. Promote. Protect.

TOWNSHIP OF MORRIS HEALTH DEPARTMENT

Kathy's Korner

**KATHRYN WHITEHEAD, RN, BSN,
PUBLIC HEALTH NURSE**



Mammogram Guidelines:

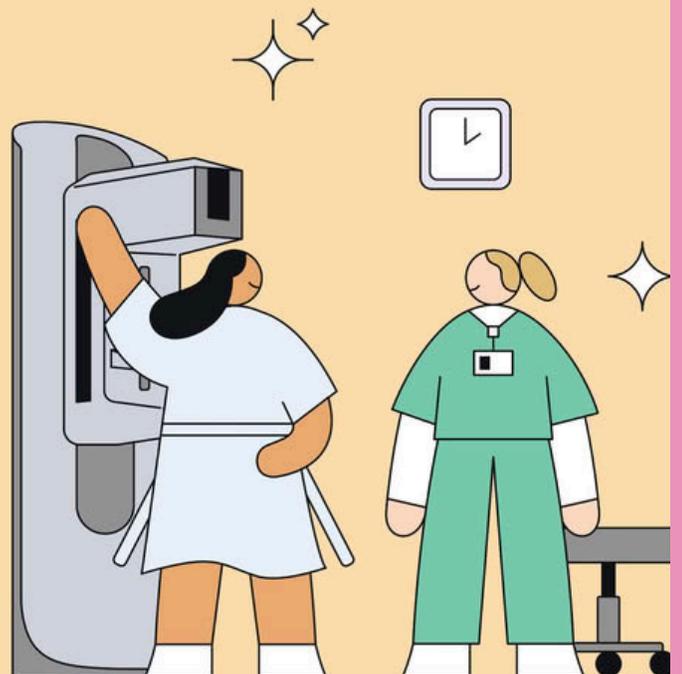
Mammogram Guidelines are often confusing but recently many of the “Authorities” came together to simplify it. Many experts and several major societies, recommend that women who are at average risk for breast cancer get screening mammogram every year starting at age 40.

Advocates of annual mammograms point out that some breast cancers grow fast and that yearly testing is important for catching cancer as early as possible for the best outcomes.

If you are at higher risk, you should consult your doctor to adjust these recommendations.



Schedule your mammogram today. Early detection can make all the difference.



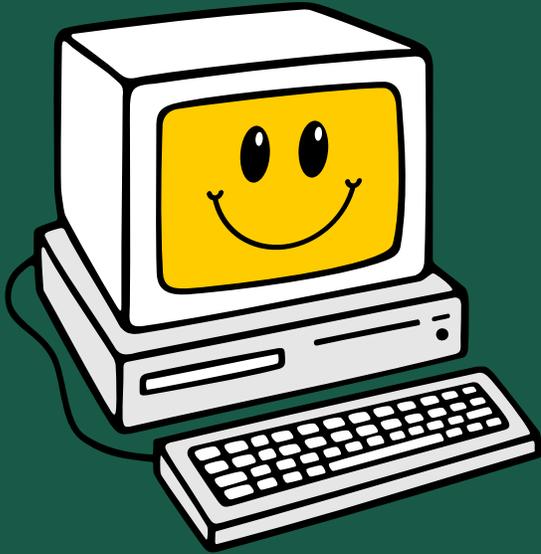
Medicare Medical Moment: Did you Know?

Medicare covers the entire cost of vaccines recommended by the Advisory Committee on immunization practices (ACIP). Medicare Part B covers influenza and COVID vaccines, as well as pneumococcal shots and Hepatitis B shots for those at risk. Medicare Part D covered vaccines include Tdap, RSV and Shingles. (National Coalition on Aging, 2025).

Check with your health care provider to see what vaccines are right for you!

Tech-Savvy Tips

Don't Fall for Scams!



Social Engineering- What is it? How is it used by hackers?

Social engineering is the **use of psychological influence to manipulate people into performing actions or divulging information for fraud or system access.** (Wikipedia)

Hackers employ social engineering in Phishing and scamming situations to get potential victims to respond quickly to an urgent request. Have you ever heard of the Grandparent Scam? Scams can be done via phone, text or email. Trust your gut! If a text, call or email seem unusual, don't respond or comply with the request.

KnowBe4

YAY FOR FALL!

How do Vaccines Work?



Vaccines reduce risks of getting a disease by working with your body's natural defenses to build protection. When you get a vaccine, your immune system responds.

Your body does the following:

- Recognizes the invading germ, such as the virus or bacteria.
- Produces antibodies. Antibodies are proteins produced naturally by the immune system to fight disease.
- Remembers the disease and how to fight it. If you are then exposed to the germ in the future, your immune system can quickly destroy it before you become unwell.

Vaccines are therefore a safe and clever way to produce an immune response in the body, without causing illness. Our immune systems are designed to remember. Once exposed to one or more doses of a vaccine, we typically remain protected against a disease for years, decades or even a lifetime. This is what makes vaccines so effective. Rather than treating a disease after it occurs, vaccines prevent us in the first instance from getting sick. (WHO, 2025)



World Health Organization

Vaccines: Effectiveness Vs. Efficacy

To understand how well vaccines work, it is important to distinguish vaccine efficacy and effectiveness. Vaccine efficacy is measured in controlled clinical trials. It is based on how many people who got vaccinated developed the 'outcome of interest' (usually disease) compared with how many people who got the placebo (dummy vaccine) developed the same outcome. Vaccine efficacy tells us how much the vaccine lowers the risk of the outcome (e.g., getting sick) in a trial setting. For example, if a vaccine has an efficacy rate of 80%, it means that the vaccinated group had an 80% lower risk of developing disease than the unvaccinated group (those who received the placebo).



If a vaccine has an efficacy of 80 percent:

It does not mean that the vaccine will only work 80% of the time.

It does mean that in a vaccinated population, 80% fewer people will contract the disease when they come in contact with the virus.



World Health
Organization



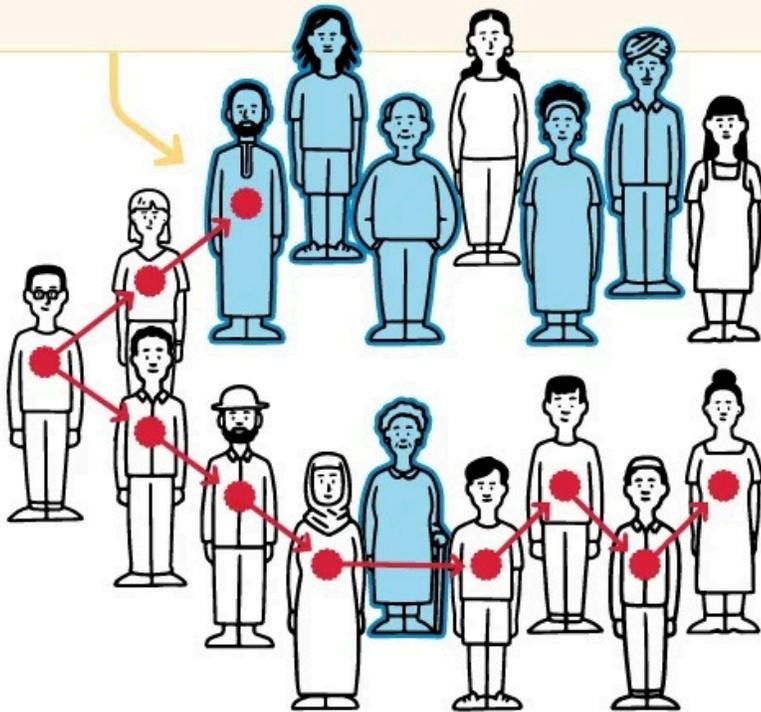
Vaccines: Effectiveness Vs. Efficacy

Continued

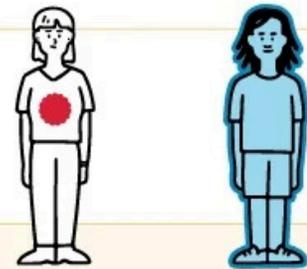
Vaccine effectiveness refers to how well vaccines work in the real world. Clinical trials include a wide range of people – a broad age range, both sexes, different ethnicities and those with known medical conditions – but they cannot be a perfect representation of the whole population.

Efficacy seen in clinical trials applies to specific outcomes in a study, whereas effectiveness measures how well the vaccines work in the real world. Effectiveness can differ from efficacy because we can't predict exactly how effective vaccination will be for a much bigger and more variable population getting vaccinated in actual conditions.

Vaccines do not provide full (100%) protection, so breakthrough infections can happen.



But as more people get vaccinated, it is expected fewer people will come into contact with the germ.



INFECTED

VACCINATED



World Health
Organization



Environmental Health Spotlight:

Indoor Air Quality

As the weather changes and everyone starts to spend more time indoors, it is important to make sure the air you are breathing inside of your home is not harming your health.

Improving Your Indoor Environment

Did you know we spend about 90% of our time indoors?

Levels of air pollution indoors can be as high, and sometimes higher, than outdoor levels. Indoor Air Quality (IAQ) can affect anyone's health, but older adults, children, and people with health conditions like asthma and heart disease can be more vulnerable.

Learn about indoor air pollution and the steps that you can take to improve your indoor environment.

Indoor Air and Health are Connected - Take Action



- Learn how reducing indoor contaminants may improve health. Tour the [IAQ Demo House](#).
- Ventilate! When outdoor air quality and weather permit, open doors and windows. Run kitchen and bathroom exhaust fans when cooking and showering.
- Consider a high-efficiency [air filter](#) for your HVAC system and/or a [portable air cleaner](#) that does not intentionally emit ozone.
- Control indoor moisture to prevent [mold](#). Fix water leaks and keep humidity levels between 30-50% by ventilating or using a dehumidifier if necessary.
- Install and inspect [carbon monoxide](#) and smoke alarms.
- Declutter, wipe dust with a damp rag, and vacuum to help reduce [asthma triggers](#), allergens, pests, and pollutants.
- If you rent, inform your landlord right away about indoor air quality or water concerns. You may also consult Environmental Law Institute's [Indoor Air Quality Guide for Tenants](#).

Consider Outdoor Air Quality



- Learn about [pollution in your community](#) and check outdoor air quality at [AirNow.gov](#). Outdoor air pollution can impact IAQ.
- Be smoke ready. Purchase air cleaners and extra filters before wildfires start and create a [clean air room](#). During fires, check air quality at [fire.airnow.gov](#) or local news.

Reduce Chemical Pollution Indoors



- Minimize the indoor use of cleaners, pesticides, perfumes, and other household and personal chemical products.
- Use less toxic cleaning products like mild soap and water. Look for products with EPA's [Safer Choice](#) label.
- Follow product label instructions, don't mix chemicals, and ventilate when painting, cleaning, sanitizing or disinfecting.
- Use non-chemical methods like [integrated pest management](#) whenever possible to manage pests. Avoid using pesticide sprays and foggers.
- Avoid [smoking](#) or using e-cigarettes indoors. If you live in multi-unit housing, consider advocating for a smoke-free policy in your building.

Vent Your Combustion Appliances



- Vent all combustion appliances to the outside. Combustion appliances like heaters, stoves, and dryers can produce [dangerous pollutants](#) in your indoor air.
- Have your combustion appliances (like wood heaters and gas stoves) inspected annually and follow manufacturer instructions. Appliances that are not working properly can produce dangerous pollutants like [carbon monoxide](#).
- Never use a cooking stove to heat indoors and never use a fuel powered generator indoors, even during [power outages](#).

Check for Lead and Radon



- Test for [lead](#) in your home or school if it was built before 1978 and consult with your child's healthcare provider for advice on blood lead testing.
- Test your home or school for [radon](#) and fix if needed. Exposure to radon is the 2nd leading cause of lung cancer in the U.S.



Scan this QR code with your smartphone camera to view [this document](#) online



Scan here to visit EPA's [Indoor Air Quality](#) site, including resources for schools



May 2022



Recipe for Wellness



Harvest Dinner



YAY FOR FALL!

Food Groups

Protein Foods:
1.5 cups

Vegetables:
1.25 cups

Two Bean Chili

Ingredients:

- ½ lb ground beef
- ½ can (8 oz.) low-sodium kidney beans
- ½ can (8 oz.) low-sodium vegetarian beans
- ½ cup onion, diced
- 1 teaspoon chili powder
- 2 ½ cups low-sodium tomato juice
- ¼ teaspoon pepper

Directions:

1. In a medium-sized pot, brown ground beef over medium high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

Notes: Tip for cooking with ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees Fahrenheit, as measured with a food thermometer.

Nutrition Information

Serving Size: 1 cup serving

Nutrients:

Total Calories - 219
 Total Fat - 5 grams
 Saturated Fat - 2 grams
 Cholesterol - 33 mg
 Sodium - 277 mg
 Carbohydrates - 26 grams
 Dietary Fiber - 8 grams
 Total Sugars - 6 grams
 Added sugars included - 0
 Protein - 18 grams
 Vitamin D - 0 mcg
 Calcium - 63 mg
 Iron - 3 mg
 Potassium - 800 mg

Recipe from the National Coalition on Aging
 and the United States Department of
 Agriculture



More Community Resources & Links



Socialization, Culture & Recreation



Mayo Performing Arts Center (MPAC)

100 South Street

Morristown NJ 07960

(973) 539-8008 or www.mayoarts.org

Morris County Tourism Bureau

6 Court Street, Morristown, NJ 07960

(973) 631-5151 or <https://morristourism.org>

NJ Division of Travel and Tourism

Skylands Welcome Ctr: **(908)218-4300**

<https://visitnj.org>



Morris County Library

30 E. Hanover Avenue,

Morristown NJ 07960 **(973)285-6930**

Morristown & Morris Township Library

Miller Road, Morristown **(973) 538-6161**

mmtlibrary.org

