

Resident Newsletter



Township of Morris, NJ

Public Health Informer



Holiday 2025 Issue

WELCOME!

**In this newsletter
you can expect:**

Welcome to our holiday issue of our Public Health Informer!

The Giving Tree 2025:

Our on-going goal of this newsletter is to improve our 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.



Township employees generously donate to help neighbors in need have a happy and healthy holiday. Call (973) 326-7390 to find out how you can help.

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WINTER FUN!

It's Okay to Ask: Making Sense of Health Information



It can be hard to get all the information you need from a medical appointment. Join us to learn simple tips for asking questions, talking with your health care providers, and making informed choices about your health.

**Presented by Sarah Rubinstein, MPH, MCHES
Community Health**

Tuesday, December 2, 2025

1:00pm

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



**Registration available on Community Pass or
call the Health Department for more information: 973-285-2656**



Operation: Full Table

This winter, the Township of Morris is seeking food donations for individuals and families in need in our community.

Food collected will be distributed to local pantries that serve our local community.

Donations of the following are needed:

- Instant mashed potatoes, stuffing
- Canned yams or sweet potatoes
- Canned vegetables (corn, peas, beans)
- Cranberry sauce
- Juice (100% fruit juice) 64 oz.
- Turkey gravy (no glass jars, please)
- Muffin or roll mix
- Dessert mixes and icing
- Hearty soup
- Coffee, tea, hot cocoa mix

Please check expiration dates, food pantries cannot distribute expired food.

Drop off: Morris Twp Municipal Bldg.

Main lobby vestibule

50 Woodland Ave., Morristown, NJ



Public Health
Prevent. Promote. Protect.

TOWNSHIP OF MORRIS HEALTH DEPARTMENT

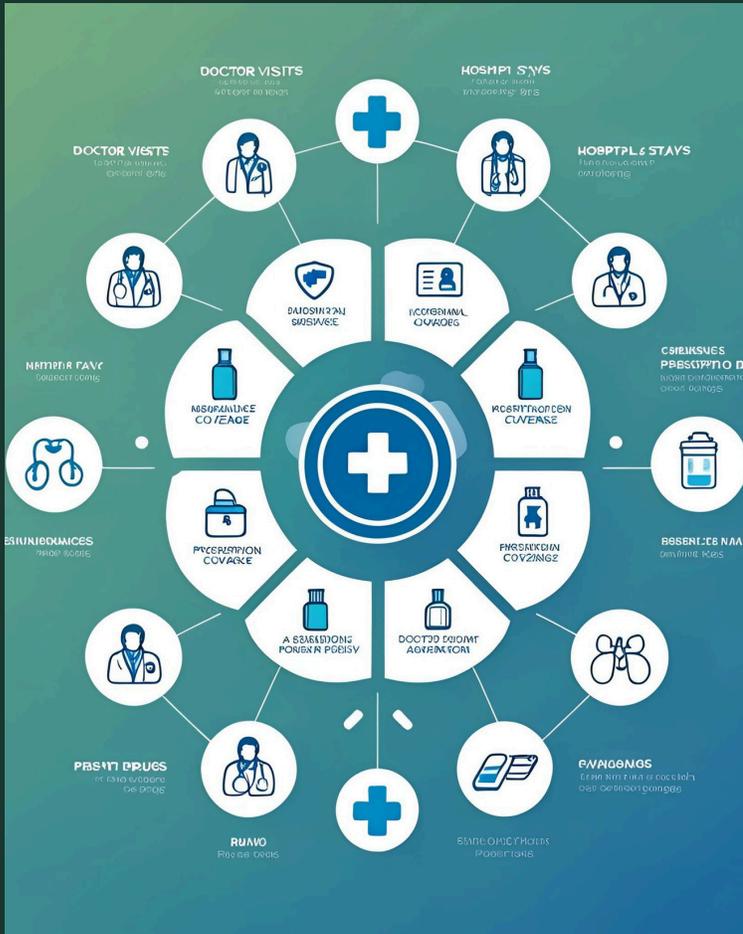


MAYORS WELLNESS CAMPAIGN



**JUST IN CASE
YOU MISSED IT...**

**SHIP - State Health
Insurance Program
presented “Medicare
Annual Enrollment” on
October 14, 2025**



Did you know?... SHIP program is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the US Administration for Community Living. Schedule a free appointment with a volunteer certified Medicare counselor to review your current health insurance plan and evaluate the benefit of making changes. Call: 973-784-4900.

**MEDICARE ANNUAL
ENROLLMENT - OCT. 15-
DECEMBER 7, 2025**



Kathy's Korner

KATHRYN WHITEHEAD, RN, BSN,
PUBLIC HEALTH NURSE



Fight the Flu!

Other than getting a flu shot, there are many ways to fight the flu.

- Frequent Hand washing, covering coughs and sneezes reduce the spread of germs
- Stay hydrated - warm fluids like herbal teas, lemon water and broth to sooth throats and stay hydrated
- Sleep- Get enough sleep. Seven -8 hours is best to renew and rejuvenate yourself.
- Wipe down frequently touched objects at home and your work space with disinfecting wipes.



MEDICARE MEDICAL MOMENT

Happy 65th! Did You Know?

You have 7 months in which to enroll in Medicare, the national health benefit for senior citizens, aged 65 or qualifying disabled individuals. The 7 months include 3 months before and after your 65th birthday and the month of your milestone birthday.

Sleep Hygiene

It's the New Year! Let us review our sleep habits.

Establish a regular sleep schedule:

- Go to bed and wake up at the same time each day, even on the weekends.
- Create a consistent sleep-wake cycle to regulate your body's natural sleep-wake rhythm

Create a Relaxing Bedtime Routine:

- Take a warm bath or shower
- Read a book, listen to music, or meditate
- Avoid screens (TV, phone, computer) for at least 30 minutes before bed.
- Dim the lights in your bedroom

Manage Caffeine and Alcohol Intake:

- Avoid caffeine after noon and alcohol before bed
- These substances can interfere with sleep and make it difficult to fall asleep or stay asleep

Optimize your Sleep Environment:

- Ensure your bedroom is dark, quiet and cool
- Use blackout curtains, earplugs or a white noise machine.
- Invest in a comfortable bed and pillow

Engage in Regular Exercise:

- Exercise during the day, but avoid strenuous activities close to bedtime.
- Regular exercise can improve sleep quality and make it easier to fall asleep.

Manage Stress:

- Find healthy ways to manage stress, such as exercise, yoga or meditation.
- Stress can interfere with sleep and make it difficult to relax





Tech-Savvy Tips

From Greg Simms in IT at Morris Twp

HOLIDAY SCAMS! KEEP THE CHEER! DUMP THE FEAR!

When shopping on-line during the holiday season-or any time of the year- always be wary of deals that seem “too good to be true.” Don’t become a scammers next victim. Every year, thousands of people become victims of holiday scams. Scammers can rob you of hard-earned money, personal information, and, at the very least, a festive mood.

Scams include:

Non-delivery scams: Scams where you pay for the goods or services you find on-line, but you never receive your items.

- **Non-payment scams:** Scams where you ship purchased goods or services, but you never receive payment for them.
- **Auction fraud:** Fraud where a product you purchase was misrepresented on an auction site.
- **Gift card fraud:** Fraud where a seller asks you to pay with a pre-paid card.

According to the [Internet Crime Complaint Center’s \(IC3\) 2023 Report](#), non-payment and non-delivery scams cost people more than \$309 million that year. Credit card fraud accounted for another \$173 million in losses. The IC3 receives a large volume of complaints in the early months of each year, suggesting a correlation with the previous holiday season’s shopping scams.



STAY SAFE!



How to Protect Yourself!

Whether you’re the buyer or the seller, there are a number of ways you can protect yourself - and your wallet. Remember: if it seems too good to be true, that’s because it is.

Practice good cybersecurity hygiene:

- Don’t click on suspicious links or attachments in emails, on websites, or on social media. Phishing scams and similar crimes get you to click on links and give up personal information like your name, password, and bank account number. In some cases, you may unknowingly download malware on your device.
- Be especially wary if a company asks you to update your password or account information. Look up the company’s phone number on your own and call the company.

Know who you’re buying from or selling to:

- Check the website’s URL to make sure it’s legitimate and secure. A site you’re buying from should have https in the web address. If it doesn’t don’t enter your information on that site.
- If you’re purchasing from a company for the first time, do your research and check reviews.





Protect Yourself from Holiday Scams!

Know who you're buying from or selling to
(continued from page 4).

- Verify the legitimacy of a buyer or seller before moving forward with the purchase. If you're using an on-line marketplace or auction website, check their feedback rating. Be wary of buyers and sellers with mostly unfavorable feedback ratings or no ratings at all.
- Avoid sellers who act as authorized dealers or factory representatives of popular items in countries where there would be no such deals.
- Be wary of sellers who post an auction or advertisements as if they reside in the U.S. but then respond to questions by stating they are out of the country on business, family emergency or similar reasons.
- Avoid buyers who request their purchase be shipped using a certain method to avoid customs or taxes inside another country.

Be careful how you pay:

- Never wire money directly to a seller.
- Avoid paying for items with pre-paid gift cards. In these scams, a seller will ask you to send them a gift card number and PIN. Instead of using the gift card for your payment, the scammer will steal the funds and you'll never receive your item.
- Use a credit card when shopping on-line and check your statement regularly. If you see a suspicious transaction, contact your credit card company to dispute the charge.

Monitor the shipping process:

- Always get tracking numbers for items you buy on-line, so you can make sure they have been shipped and can follow the delivery process.
- Be suspect of any credit card purchases where the address of the cardholder does not match the shipping address when you are selling. Always receive the cardholder's authorization before shipping any products.



STAY SAFE!





“Liz’ Lens”: Seasonal Spotlight- Mental Health during the Holidays



During the Holiday Season, it’s important to **continue** to care for our health, as well as the health of those dear to us. And... Mental Health is a vital part of our overall health.



Shining a Light on S.A.D.

Seasonal Affective Disorder

What is SAD? According to the National Institute of Mental Health, part of the NIH, SAD is a lowered or depressed mood experienced when the seasons change.

What are the signs? SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting 4-5 months of the year. The signs and symptoms of SAD include those associated with depression, as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Learn more about the signs and symptoms of depression and SAD at NIH.gov. You can also speak with your medical or mental health provider.

Symptoms of depression can include:

- Persistent, sad, anxious or “empty” mood most of the day, nearly every day, for at least 2 weeks.
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies or activities
- Difficulty concentrating, remembering or making decisions
- Decreased energy, fatigue or feeling slowed down
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps or digestive problems that do not have a clear physical cause and do not go away with treatment.
- Thoughts of death or suicide or suicide attempts

Zap Holiday Stress!

Feeling overwhelmed this time of year? You’re not alone! According to Thompson-Markward Hall and a Harvard survey, only 10% of people don’t feel stressed at the holidays.

Here are some ways to keep the cheer in your holidays.

- Plan Ahead - Setting expectations will help you manage what to expect and what’s expected of you.
- Take a Breather- Even a few minutes’ break can make a difference. Remove yourself from a hectic situation and try to relax. Try a deep breathing exercise or whatever works for you.
- Get outside- Getting outside, even if it’s cold, can improve mood and self-esteem. Have an adventure or spend time with loved ones.
- Don’t Bottle things up- Express your feelings, in a calm, respectful way, to keep negative emotions from piling up.
- Learn to say no- Be realistic with what you can and want to do. Prioritize your health.
- Maintain Healthy Habits- Enjoy your holidays, but remember to preserve your year-round healthy behaviors.



**Call 988 - Mental Health
Hotline - If you or someone
you know is suicidal or in a
mental health crisis**



“Liz’ Lens”: Seasonal Spotlight- (cont’d) Shining a Light on S.A.D.

Seasonal Affective Disorder

How is SAD diagnosed? A health care or mental health specialist does an interview with the individual to assess if the signs and symptoms are indicative of the SAD diagnosis.

Who develops SAD? Millions of people are estimated to have SAD, but many don’t know they have it. In most cases, SAD develops in young adulthood. SAD is more common in women than in men. Winter-pattern SAD is more common than summer-pattern SAD. SAD is more common for people living in the North, where there are less hours of sunlight, e.g., Alaska or New England. SAD is more common in people with depression, bi-polar disorder or other mental health disorders.



What causes SAD? More is known of the winter-pattern of SAD than the summer pattern. Current research of SAD indicates there is a reduction in serotonin levels in the brain for those diagnosed with SAD. Serotonin helps regulate mood. Sunlight helps molecules in the brain maintain normal serotonin levels. Decreased sunlight can reduce serotonin levels and, thus, mood. Vitamin D deficiency and lower melatonin also may play a part in those individuals diagnosed with SAD.

How is SAD treated? There are 4 treatment categories that can be used alone or in combination to treat SAD. These include: Light therapy, psychotherapy, anti-depressive medication and Vitamin D

Light Therapy- A person sits in front of a very bright light box (10,000 lux) every day for about 30-45 minutes, usually first thing in the morning, from fall to spring. This light box, which is 20x brighter than ordinary indoor light, filters out the potentially damaging UV (ultraviolet) light, thus making this a safe treatment for most. However, people with certain eye diseases or people taking certain medications that increase sensitivity to sunlight may need to use alternate treatments or use light therapy under medical supervision.

Psychotherapy- Also called “talk therapy” or counseling, can help people with SAD by teaching them new ways of thinking, behaving and changing habits that contribute to depression.

Antidepressant medication-Medications used to treat depression can be effective when used alone or in combination with talk therapy. Antidepressants work by changing how the brain produces or uses certain chemicals involved in mood or stress.

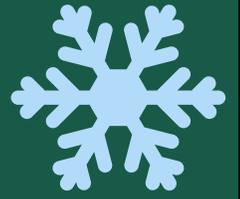
Vitamin D-Because many people with winter-pattern SAD have Vitamin D deficiency, vitamin D supplements may help improve symptoms. However, studies testing vitamin D as a treatment for SAD have produced mixed results.



*****Information provided is for general education purposes only and should not be taken as medical or mental health advice. For more information on SAD, please contact your medical provider.**



Recipe for Wellness Holiday Lunch



MAKES 4 SERVINGS

Food Groups

Protein Foods:
3.5 oz

Fruit: ¼ cup

Vegetables:
1 cup

Chicken & Cranberry Salad

Ingredients:

- 12 oz of chicken, cooked and diced (1.5 cups)
- ½ cup vinaigrette dressing
- ½ cup dried cranberries (or cherries)
- ⅓ cup almonds, sliced
- 1 head of lettuce, chopped

Directions:

1. Wash hands with soap and water
2. Toss chicken, cranberries, and almonds with dressing
3. Serve on a mound of chopped lettuce.

Basic Vinaigrette Dressing: (Makes 5 servings)

- 6 Tablespoons vegetable oil
- 4 Tablespoons vinegar
- ¼ Teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon mustard



Mix the vinaigrette in a bowl with a fork or whisk or shake it in a jar with a tight-fitting lid.

Serving size: 2 Tablespoons of Vinaigrette
Nutritional Information: 154 cal, 17g of total fat 2g, Saturated fat, 121 mg sodium, Calcium 2 mg, Potassium 11 mg

Recipe from the United States Department of Agriculture:
MyPlate.gov

Nutrition Information

Salad Serving Size: ¼ of recipe

Nutrients:

Total Calories - 394
 Total Fat - 22 grams
 Saturated Fat - 3 grams
 Cholesterol - 84 mg
 Sodium - 190 mg
 Carbohydrates - 20 grams
 Dietary Fiber - 3 grams
 Total Sugars - 16 grams
 Added sugars included - 11 g
 Protein - 28 grams
 Vitamin D - 0 mcg
 Calcium - 55 mg
 Iron - 2 mg
 Potassium - 544 mg



ALWAYS WASH YOUR HANDS





Recipe for Wellness

Winter Weekend Dinner



MAKES 4 SERVINGS

Food Groups

Protein Foods:
3.5 oz

Smoky Mustard-Maple Salmon

Ingredients:

- 16 oz of salmon, skinless (about 4 ounces per fillet)
- 3 Tbsp whole-grain or Dijon mustard
- 1 Tbsp pure maple syrup
- ¼ tsp smoked paprika or ground chipotle pepper
- ¼ tsp freshly ground pepper
- ¼ teaspoon salt

Directions:

1. Preheat oven to 450 degrees, Fahrenheit
Line a baking sheet with foil and coat with cooking spray
3. Combine mustard, maple syrup, paprika (or chipotle) pepper, and salt in a small bowl.
4. Place salmon fillets on the prepared baking sheet
5. Spread the mustard mixture evenly on the salmon
6. Roast until just cooked through (approximately 8 to 12 minutes).

*Note - Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more sustainable population.

Recipe from the United States Department of Agriculture:
MyPlate.gov



Nutrition Information

Salad Serving Size: ¼ of recipe

Nutrients:

- Total Calories - 220
- Total Fat - 12 grams
- Saturated Fat - 2 grams
- Cholesterol - 61 mg
- Sodium - 260 mg
- Carbohydrates - 4 grams
- Dietary Fiber - 1 gram
- Total Sugars - 3 grams
- Added sugars included - 3 g
- Protein - 22 grams
- Vitamin D - 28 mcg
- Calcium - 55 mg
- Iron - 1 mg
- Potassium - 403 mg



ALWAYS WASH YOUR HANDS





Shopping, Groceries & Meal Services Supplemental Nutrition Assistance Program (SNAP)

SNAP/Food Stamp Program helps increase the food purchasing power of eligible low-income households.

**Morris County Office of Temporary Assistance
(OTA): (973) 326-7800**
340 West Hanover Ave., Morristown, NJ 07960

Interfaith Food Pantry: (973) 538-8049
2 Executive Drive, Morris Plains, NJ 07950
www.mcifp.org

Nourish NJ: (862) 397-0030
Help for persons needing food, housing and linkages to community resources. Help available at Morristown and Victory Gardens/Dover locations
36 Sussex Ave., Morristown, NJ 07960
<https://www.nourishnj.org>

