

Resident Newsletter

www.morristwp.com

Township of
Morris, NJ

Public Health Informer

SPRING 2026

March - May 2026

WELCOME!

In this newsletter
you can expect:

Welcome to our Spring issue of our Public Health Informer!

Food Drive 2025 was a success!

The continued 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.

Thanks to the support of Morris Twp staff and residents, 251 pounds of food was donated to the Interfaith Food Pantry during the 2025 Holiday season.

*Thank
You*

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SPRING IS HERE!





OPERATION “BABY SHOWER”

This Spring, the Township of Morris is seeking food and specialty item donations for families in need in our community.

Donations of the following are needed:

Enfamil Infant Formula (NOT Newborn)
Baby Food – Stage 1 Fruits and Stage 3
Vegetables & Meats
Diapers 5 & 6 Pull Ups 4T & 5T
Baby Wipes



MARCH 31, 2026

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

Drop off: Morris Twp Municipal Bldg.

Main lobby vestibule

50 Woodland Ave., Morristown, NJ





SHIP
State Health Insurance
Assistance Program

Navigating Medicare

BECOME A SHIP VOLUNTEER



Help your community understand Medicare

A SHIP Volunteer SHIP Counselor:

- Takes pleasure in assisting others
- Is reliable and trustworthy
- Maintains client confidentiality
- Is eager to learn new information and dedicated to continuous training

The State of New Jersey Department of Human Services offers a free 8-day SHIP Medicare training program.

Volunteers must attend all trainings - 4 days in-person, 4 days virtual

For more information contact:

Marie Bartello: mbship@att.net or call 973-784-4900 x2901 and press 0 to leave a message.

*Volunteer counselors do not provide legal advice or endorse any insurance product, agent or plan."



NORWESCAP
RSVP



AmeriCorps
Seniors

For more information visit:

norwescap.org | (973) 784-4900



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

Morris County SHIP

NJ StateHealthInsuranceAssistanceProgram

&

Morris Township Health Department

Presents

Medicare Overview

Program on Medicare benefits and costs for Medicare Part A & B, Medigap, Prescription Drug Plans and Medicare Advantage Plans. Information on NJ SAVE a program to help individuals SAVE money on Medicare premiums, drug costs and living expenses.

Date: Tuesday, April 14, 2026

Time: 1:00 PM

Location: Morris Township Municipal Building

50 Woodland Avenue

Morris Township, NJ

Registration required: [Community Pass](#) or by calling 973-285-2656



***Volunteer counselors and speakers do not provide legal advice, sell, recommend, endorse any specific insurance product, agent, insurance company or plan. They provide information and assistance so that you can make your own decisions**

SHIP is a statewide program administered by the New Jersey Department of Human Services with financial assistance through a grant from the U.S. Administration for Community Living.



Norwescap is a non-profit agency dedicated to helping the community.



Kathy's Korner

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



Spring is here!- Time to wake everything up and Spring into Wellness!

Spring is the perfect time to reboot and rejuvenate your health and wellness habits. Here are some healthy habits, that you can integrate into your life to help refresh and revitalize your wellness plan:

- Exercise regularly. Aim for 30 minutes of physical activity at least 5 days a week.
- Make healthier food choices. Choose foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Prioritize your beverage health. Drink more water and limit alcohol and sugary drinks.
- Practice healthy sleep hygiene. Prioritize consistent bedtime and a comfortable sleep environment for optimal sleep quality.
- Be sun safe. Wear clothing to cover skin exposed to the sun and use broad spectrum sunscreen with at least SPF 15.
- Keep your smile healthy. Floss daily and brush your teeth with fluoride toothpaste.
- Quit smoking and using tobacco products. Avoid secondhand smoke.
- Know your family health history. Talk with your family about your health history and consult your health care provider to determine risk factors for disease and ways to reduce your risk.
- Seek help when you need it. Ask your primary care doctor for a referral for a counselor.

Always consult your physician before starting any diet or exercise plan.

Medicare Medical Moment: Did you Know?

Happy New Year! According to the Centers for Medicare & Medicaid Services, the following are the deductibles for traditional Medicare in 2026:

Part A Deductible: \$1,736 Per Benefit Period

Part B Deductible: \$283 per year with a 20% coinsurance after deductible

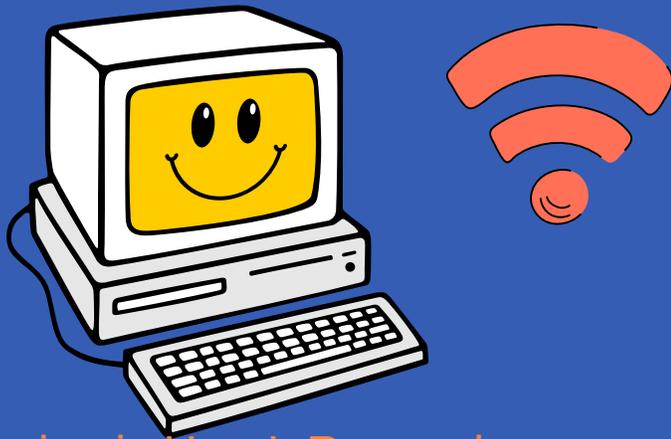
Part D National Base Premium per month: \$38.99; Out of Pocket max: \$2,100/yr.

Please see www.cms.gov or Medicare.gov for more information



Tech-Savvy Tips

From Greg Simms in IT



Spring is Here! Remember, Hackers don't take vacations!

Artificial Intelligence or "AI" is here and it's getting mixed reviews. Some folks love it and others hate it. AI, like technology itself, can enhance our lives, potentially put us at risk, or, at the very least, "complicate things."

Artificial Intelligence is defined as the application of computer systems able to perform tasks or produce output normally requiring human intelligence, especially by applying machine learning techniques to large collections of data. (Oxford Languages).

Just as technology advances, so too do the skills and tools increase of potential hackers. Stay informed! Beware of any digital communications that seem irregular or urgent. Be skeptical of any notifications demanding some type of action on your part to pay money, disclose personal information or click on unverified websites.

**STAY
SAFE!**

8 Essential Security Tips for Using AI Chatbots Safely

(Excerpted from CNET's Amanda Smith, 2/4/2026)

- 1. Treat AI Chatbots as public environments-** Remember that AI chats are "public environments," not private conversations, says Matthew Stern, a cyber investigator and CEO at CNC Intelligence.
- 2. Don't overshare your mental state -** Chatbots can be useful assistants, but they aren't your friends, says Elie Berreby, the head of SEO and AI Search at Adorama.
- 3. Don't "bring your whole self" to the chatbot -** AI chatbots exist within attention economies, where your engagement is the product, says Intercultural Strategist Annalisa Nash Fernandez.
- 4. Export your data-** Whichever AI chatbot you're using, regularly export your data to see what information it has stored about you.
- 5. Fact-check everything-** Always err on the side of caution with AI-generated content. Expect errors and approach information with doubt.
- 6. Watch out for sneaky scammers-** AI chatbots are capable of maintaining multiturn conversations, says Ron Kerbs, CEO of Kidas, a company that protects against scams and online threats. These back-and-forth interactions could be mimicked by bad actors on dodgy websites posing as helpful customer service chatbots.
- 7. Confide in people, not AI-** This tip isn't tactical, but it's important: While you might see no harm in speaking to ChatGPT, Claude or Gemini about a problem you're having, it's a slippery slope to using a chatbot as a diary.
- 8. Practice (and protect) critical thinking-** Don't outsource your thinking to AI. An ongoing MIT study (yet to be peer-reviewed) conducted a preliminary exploration of the potential for large language models to be detrimental to our mental state, showing "weaker neural connectivity" in the brains of participants who used ChatGPT. Use AI for low-level tasks, but keep the creating, thinking and strategizing out of the algorithms.

- See CNET for more information: www.cnet.com



Liz's Lens on Seasonal & Environmental Health

It is normal to see black bear and other wildlife in your neighborhood
Here are some tips to make your home less attractive to bears.



KNOW THE BEAR FACTS



Black bears that are able to gain access to garbage and food sources in residential areas will learn to associate food with people. These bears can become a nuisance or aggressive, and may have to be destroyed.

Be a good neighbor - Prevent bears from becoming a nuisance in your community by properly managing garbage and other attractants on your property.

Report black bear damage or nuisance behavior to the police or DEP Fish & Wildlife at 1 (877) WARN DEP

✓ BEAR ATTRACTANT REMOVAL CHECKLIST

Use certified bear-resistant garbage containers. They offer the best protection.

Store all garbage in containers with tight-fitting lids and place them within a secure location where bears are unlikely to see or smell them.

Wash garbage containers with a disinfectant solution at least once a week to remove odors.

Put out garbage on collection day, not the night before.

Empty and clean recyclables before storing them in a secure building.

Do not place meat or any sweet foods in compost piles.

If you feed pets outside, do so during daylight hours only. Pick up any leftover food and remove bowls after they have finished.

Clean outdoor grills and utensils thoroughly after each use.

Only use birdfeeders during daylight hours, between Dec. 1 and April 1, when bears are least active. Suspend feeder from a free-hanging wire at least 10 ft off the ground. Bring feeder indoors at night. Clean up spilled seeds and shells.

Pick up fruit that falls from fruit trees daily and discard it in secured garbage containers.

Consider installing electric fencing to protect crops, beehives, and small livestock.

For more information on New Jersey's black bears and bear-resistant garbage container manufacturers, visit www.njfishandwildlife.com





Liz' Lens on Seasonal & Environmental Health



Here are some tips for safe spring cleaning:

(Source: Michigan Association of Health Plans)

- 1. Stretch.** Take the time to stretch and warm up/cool down before and after spring cleaning.
- 2. Wear the appropriate safety gear.** Wear closed-toed shoes or boots, gloves, long pants and long sleeves. Don't forget safety glasses and hearing protection when using equipment.
- 3. Lift the right way.** Bend at the knees and hips, keeping your back straight, and use your legs to lift the load.
- 4. Switch jobs frequently.** Try to change tasks every 30 minutes to avoid repetitive use injury.
- 5. Practice ladder safety.** Have someone available to hold the ladder steady if possible. Wear non-skid shoes and don't lean too far to either side. "A good rule of thumb is to keep three points of bodily contact on the ladder at all times," says Todd. "That could be two feet and a hand, or two hands and one foot."
- 6. Watch for trip hazards.** Avoid laying brooms, shovels or other equipment on the ground where you can step on or trip over it. Check for fallen branches or other debris that can get in your way.
- 7. Take frequent breaks.** Take a 10- to 15-minute break for each hour of strenuous activity.
- 8. Stay hydrated.** Drink plenty of fluids before and during spring cleaning.

If you've injured yourself during spring cleaning, and rest, heat/ice or over-the-counter medications have not improved your pain or function, consider calling your primary care physician or trying physical therapy.



Hazard Alert

Worker Health and Safety:

Mixing Bleach with Other Cleaning Products Can Be Deadly.

Mixing bleach and common cleaning products can cause serious injury or even death. It is important safe work practices are implemented for workers who are using cleaning products.



Case #1:

An asthmatic restaurant employee opened a dishwasher and was overcome by strong fumes, later passing away. The fumes came from a dangerous mix of Lime-A-Way and bleach inside the machine. Mixing these chemicals, an acid and a hypochlorite, caused the release of chlorine gas.



Case #2:

A plumber, while clearing a clogged drain at a customer's residence and noticed a bleach odor. To clear the clog, the plumber poured in a drain solvent called Zep, which contains sulfuric acid. Mixing it with bleach released toxic chlorine gas. The plumber inhaled the fumes and was taken to the emergency department with respiratory distress, coughing, and wheezing.

Do NOT MIX Cleaning Products!



Never mix cleaning products, especially anything containing bleach. Mixing bleach with other cleaning products like drain openers, ammonia, or products with acids (such as lime, calcium, or rust removers and some dishwasher detergents) can release toxic gases.

Mixing bleach with ammonia creates chloramine gases which can cause coughing, shortness of breath, chest pain, wheezing, nausea, watery eyes, irritation of the throat, nose, and eyes. In serious cases, it can lead to pneumonia and fluid in the lungs.

When chlorine bleach is mixed with an acid, chlorine gas is produced. Even low levels of chlorine gas for short periods can irritate your eyes, nose, and throat, and cause coughing and breathing problems. Higher levels can lead to chest pain, severe breathing trouble, vomiting, and lung damage. Very high levels can be fatal.





Hazard Alert

DANGEROUS CHEMICAL COMBINATIONS - DO NOT MIX



BLEACH WITH OTHER COMMON PRODUCTS:

- **Ammonia** – Creates toxic gases that can damage the lungs and burn the throat.
- **Vinegar** – Produces harmful vapors, including chlorine and chloramine, which can burn the eyes and lungs.
- **Rubbing alcohol (Isopropyl alcohol)** – Forms chloroform, which can cause dizziness, nausea, headaches, and even loss of consciousness.
- **Mildew stain removers** – Can release chlorine gas and irritate the eyes, nose, throat, and lungs.
- **Toilet bowl cleaners** – May give off toxic fumes that can burn the throat and lungs.
- **Oven cleaner** – Can produce chlorine gas and cause irritation to the eyes, nose, and respiratory system.
- **Lemon juice** – Its natural acids can react with bleach to release chlorine gas.
- **Drain cleaner** – Can create toxic chlorine gas and may lead to long-term health issues.

OTHER HAZARDOUS MIXES:

- Different brands of drain cleaners – Can react dangerously when combined. Never mix them.
- Hydrogen peroxide and vinegar – Together they form peracetic acid, which can irritate the eyes, skin, and lungs.

Ensure safe work practices for workers using cleaning products:



- Train workers BEFORE they use the chemicals in accordance with the **OSHA Hazard Communication standard (29 CFR 1910.1200)**. This includes proper reading of chemical labels and Safety Data Sheets, to understand how to use, store, and dispose of products safely and what to do in case of spills and hazardous exposures.
- Keep chemicals in their original containers and make sure all containers are clearly labeled.
- Provide proper personal protective equipment (PPE) such as gloves, safety glasses, and respirators.
- Work in a well-ventilated area. Take fresh air breaks and make sure there is enough airflow to prevent dangerous fumes from building up.

Additional Resources:

OSHA/NIOSH InfoSheet: Protecting Workers Who Use Cleaning Chemicals
EPA Safer Choice List of Certified Products

If a chemical exposure occurs
and you need immediate
assistance, contact the
NJ Poison Center Help Line:
1-800-222-1222



Recipe for Wellness

Easy Weeknight Dinner

SPRING IS HERE!



Serves 4

Food Groups:
Protein Foods
Vegetables
Dairy
Fats

One-Pan Chicken Florentine

Ingredients:

- 1 lb. chicken breast, thinly sliced
- 1 lb. baby spinach
- 2 Tbsp. extra virgin olive oil, divided
- ½ tsp salt, divided
- ½ tsp pepper, divided
- 2 garlic cloves, minced
- ¼ cup chopped shallots
- ½ cup chicken stock
- 2 tsp corn starch
- ⅓ cup heavy cream

Directions:

1. Heat 1 Tbsp oil in a large skillet over medium-high heat. Season chicken with ¼ tsp each salt and pepper. Add to the pan and cook, turning once, until just cooked through, 5-7 minutes. Transfer to a plate tent with foil to keep warm.
2. Reduce heat to medium. Add the remaining 1 Tbsp oil, ¼ cup shallot and minced garlic to the pan. Cook, stirring, until fragrant, about 30 seconds. Add chicken stock, scraping up any browned bits. Add 1 lb. baby spinach in batches. Cook, stirring often, until wilted, about 3-5 minutes.
3. In a measuring cup, whisk heavy cream, cornstarch and the remaining salt and pepper. Add to the pan with the spinach. Cook, stirring frequently until thickened, about 2 minutes. Serve with Chicken.*

*Note: Chicken is fully cooked at a temperature of 165 degrees Fahrenheit.

Nutrition Information

Serving Size: ¾ cup serving

Nutrients:

Total Calories - 320

Total Fat - 17 grams

Saturated Fat - 6 grams

Cholesterol - 105 mg

Sodium - 413 mg

Carbohydrates - 9 grams

Dietary Fiber - 3 grams

Total Sugars - 2 grams

Added sugars included - 0

Protein - 30 grams

Vitamin C - 33 mg

Calcium - 140 mg

Iron - 4 mg

Potassium - 1,087 mg

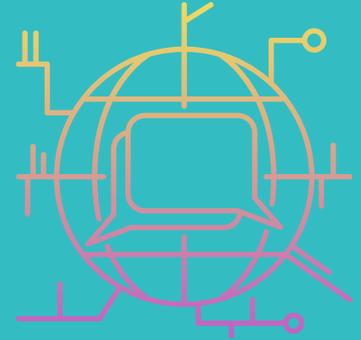
Recipe adapted from Eating Well- eatingwell.com



More Community Resources & Links

Socialization & Recreation

Township of Morris Parks & Recreation:
(973) 326-7371 or www.morristwp.com



Morris County Park Commission:
(973) 326-7600 or www.morrisparks.net

**Morris County Adaptive Recreation Program
(McARP): (973) 428-5136 xt122**
www.mcarp@arcmorris.org or
www.arcmorris.org

Entrance Passes - US National Park Service
www.nps.gov/planyourvisit/passes.htm

Greater Morristown YMCA: (973) 267-0704
79 Horsehill, Rd. Cedar Knolls, NJ 07927
www.greatermorristownymca.org

