



OCTOBER NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT



SERVING MONTCLAIR AND CEDAR GROVE



Domestic Violence Awareness Month

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WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is defined by the CDC as, physical violence, sexual violence, stalking, and psychological aggression (including coercive acts) by a current or former intimate partner.

BY THE NUMBERS

- 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence in their lifetime.
- Nearly **20 People per minute** are physically abused by an intimate partner in the U.S.

SIGNS OF ABUSE

- Insulting, demeaning, or shaming you, especially in front of other people
- Preventing you from making your own decisions, including about working or attending school.
- Controlling finances in the household without discussion
- intimidating you with weapons
- Destroying your belongings or your home
- Identifying abuse towards others:
 - Their partner puts them down in front of other people
 - They make excuses for their partner's behavior
 - They have unexplained marks or injuries
 - They are constantly worried about making their partner angry

3 REASONS WHY SURVIVORS MAY NOT TALK ABOUT THEIR EXPERIENCE

1. Fear of being judged or not being believed
2. Fear of retaliation and going nowhere in their careers
3. Fear of feeling responsible for the abuse or that speaking up can lead to direct physical harm

SUPPORT & RESOURCES:

- **Provide Emotional Support**
 - Offering to go with them to any service provider or legal setting for moral support.
- **Provide Material Support**
 - Help them identify a support network to assist with physical needs like housing, food, healthcare, and mobility as applicable.
- **The Safe House:** The Safe House is a safe shelter for all victims of Domestic Violence. Located in Essex County, The Safe House provides safe, temporary housing for all victims and their children. **973-759-2154**
- **National Domestic Violence Hotline - (800)-799-7233 or text BEGIN to 88788**

Scan the QR code to access the Domestic Violence Hotline website



IN THIS ISSUE:

Domestic Violence Awareness

Listen & Learn Public Health Podcasts

October is.... Health Literacy Month & Breast Cancer Awareness Month

Upcoming Events and Happenings

Montclair Health Department Immunization Clinics



*All information sourced from the [National Domestic Violence Hotline](https://www.ndvh.org/)

Listen & Learn

PUBLIC HEALTH ON CALL



Public Health on Call

John Hopkins Bloomberg School of Public Health

939 – Unfiltered Conversations to Restore Trust in Public Health

Back-to-back crises of the opioid epidemic and COVID-19 have pummeled American communities, eroding trust in public health. But what if restoring that trust could start with a simple conversation? In this episode: Maggie Bartlett shares how she's using her platform as co-host of the podcast, "Why Should I Trust You?", to forge human connections with those who feel left out of public health conversations and to debunk misinformation about measles, vaccines, and corporate influence.

Guest: Maggie L. Bartlett, PhD, is an assistant research professor in Molecular Microbiology and Immunology at the Johns Hopkins Bloomberg School of Public Health and the co-host of "Why Should I Trust You?".

Host: Lindsay Smith Rogers, MA, is the producer of the Public Health On Call podcast, an editor for Expert Insights, and the director of content strategy for the Johns Hopkins Bloomberg School of Public Health.

Lungcast

American Lung Association

Episode 59: The Lung-Gut Axis: Where Nutrition & Lung Health Intersect with Dr. Neal Barnard

Microbiome is a mysterious medical frontier with more questions than answers. In this episode, nutrition expert Dr. Neal Barnard of George Washington University explores the connection between diet, gut microbiome and lung health. While fiber and plant-based diets have been shown to shape a healthier microbiome, this conversation sheds light on the growing evidence that what we eat may have far-reaching effects beyond the gut—including in our lungs.



HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code
----- OR -----
search the name of the podcast in the Spotify app or website.



In the Spotlight

HEALTH LITERACY MONTH



What is Health Literacy ?

According to the CDC, Health Literacy "is the degree to which individuals have the ability to find, understand and use information and services to inform health-related decisions and actions for themselves and other".



Why it matters?

- Empowers individuals when making health related decisions
- More access for cultural and language-inclusive materials
- Proper use of medications & disease management

ORGANIZATIONAL VS. PERSONAL LITERACY :



ORGANIZATIONAL LITERACY:

How well can an organization help people find, understand and use the health information to make informed decisions about their wellbeing.



PERSONAL LITERACY:

How well can a person find, understand, and use the health information and services to make informed decisions about their own well being and the wellbeing of others.

Healthy People 2030's new focus:

The definition for Health literacy has changed from previous years and we now have organizational and personal literacy!

These changes acknowledge that organizations have responsibilities to address health literacy and also highlights the importance of not only understanding but being able to use health information to make decisions.

RESOURCES TO LEARN MORE:

**HEALTH
LITERACY**
ONLINE

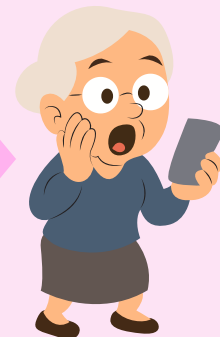


**NATIONAL
ACTION PLAN
TO IMPROVE
HEALTH
LITERACY**

Stepping Safely Into Fall

Each year, over 14 million older adults report falling, making falls the leading cause of injury among those 65 and older. Falls can lead to serious injuries, including hip fractures and traumatic brain injuries, and are a major cause of hospitalizations and emergency room visits.

But the good news is: falls are preventable.



QUICK TIPS



1. **Keep your home safe:** Remove clutter, secure rugs, and make sure hallways and stairs are well-lit.
2. **Wear proper footwear:** Choose sturdy, non-slip shoes both inside and outside.
3. **Add support:** Use a cane or walker if needed.
4. **Stay active:** Gentle exercises like walking or yoga help improve balance and strengthen muscles.
5. **Check your health:** Schedule regular vision exams and review medications with your doctor to avoid dizziness.
6. **Watch the season:** Be careful on wet leaves, uneven sidewalks, or icy patches outdoors.

Edgemont Park House and Wally Choice Community Center offer several programs designed for seniors to improve balance, strength, and mobility.

- **Mondays:**
 - Chair Yoga - 10:30 AM
 - Step It Up - 2:30 PM
- **Tuesdays:**
 - Walking Club at Wally Choice - 10:15 AM
 - Gentle Mat Yoga for Mental Health
- **Wednesdays:**
 - Total Body Workout at Wally Choice - 10:15 AM
 - Zumba at Wally Choice - 3:15 PM
- **Thursdays:**
 - Core Workout at Wally Choice - 9:30 AM / 10:30AM
- **Fridays:**
 - Yoga - 10:30 AM



SAVE CANCER SCREENING

OCTOBER 2025 CALENDAR

Contact us:
973-972-7007 973-972-0310

ma1907@njms.rutgers.edu



Wednesday, October 22nd



Mobile Clinic
Somewhere in Essex County
Breast & Cervical Screening
9:00 AM – 2:00 PM

Friday, October 10th



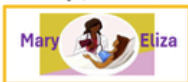
El Patio La casa De Don Pedro
43 Broadway, Newark, NJ 07104
Breast & Cervical Screening
9:00 AM – 2:00 PM

Friday, October 24th



Mantena Global Care
294 Ferry St., Newark, NJ 07105
Breast & Cervical Screening
9:00 AM – 2:00 PM

Tuesday, October 7th



Mary Eliza
394 University Ave., Newark, NJ 07102
Breast Screening
9:00 AM – 2:00 PM

Wednesday, October 15th



TREC- Training Recreation Education Center
55 Ludlow St, Newark NJ 07114
Breast & Cervical Screening
1:00 PM – 7:00 PM

Wednesday, October 8th



UH Ambulatory Care Center
140 Bergen St., Newark, NJ 07103
Prostate Screening
1:00 PM – 4:30 PM

Sunday, October 19th



The 28th annual American Cancer Society walk
Mulberry Commons, Mulberry St, Newark, NJ 07102
8:00 AM – 12:00 PM

Friday, October 31st



Krueger Mansion - 601 Dr. Martin Luther King Jr. Blvd, Newark
Breast & Cervical Screening - 9:00-2:00 PM

Have a safe and
Happy Halloween
celebration!



8TH OPIATE FENTANYL AWARENESS WALK

ON BLOOMFIELD AVENUE

Register at www.essexrecovery.net

rthealthguide@gmail.com

(862) 485-8811

COMPLIMENTARY LUNCH & PRESENTATION
AT 12PM AT FIRST BAPTIST CHURCH IN CALDWELL



Start/Stop Locations
in Bloomfield,
Glen Ridge, Montclair,
Verona and Caldwell.

Everyone welcome - bring a friend!

Saturday,
October 25, 2025
KICK OFF AT NEWARK
SCHOOL STADIUM
AT 8AM

Close to 2000 NJ neighbors died of
overdose in 2024, less than in 2023,
but one death is one too many.
#TAKESTRIDESSAVELIVES2025



7th Annual Mammogram Masquerade Ball "Heavy is the Crown"

Friday, October 31st 2025
9AM – 3PM

Krueger Mansion
601 Dr. Martin Luther King Blvd
Newark, NJ

FREE Full Day Wellness Event for Women

- Workshops at the top of every hour
- Mammograms
- Dental Exams
- Other Screenings

AND Shopping spree of new bras
and gently loved fall/winter clothing

For more info: 973-972-3368 or
connected@uhnj.org



Scan the QR Code to access the
Montclair Health Department Padlet
that includes resources, flyers,
calendars and upcoming wellness
events in the community!

Montclair Health Department Immunization Clinics

Montclair Health Department offers immunization clinics on
the **first and third Tuesdays** of every month.

To make an appointment, please call 973-509-4970 or
email mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042

