



MID-BERGEN REGIONAL HEALTH COMMISSION



NEWSLETTER

WHAT'S INSIDE THIS ISSUE:

BRAIN HEALTH IN SENIORS

SELF LOVE & MENTAL HEALTH : PARENTS, KIDS, & TEENS

SKINCARE

MBRHC & MENTAL HEALTH

MENTAL HEALTH RESOURCES

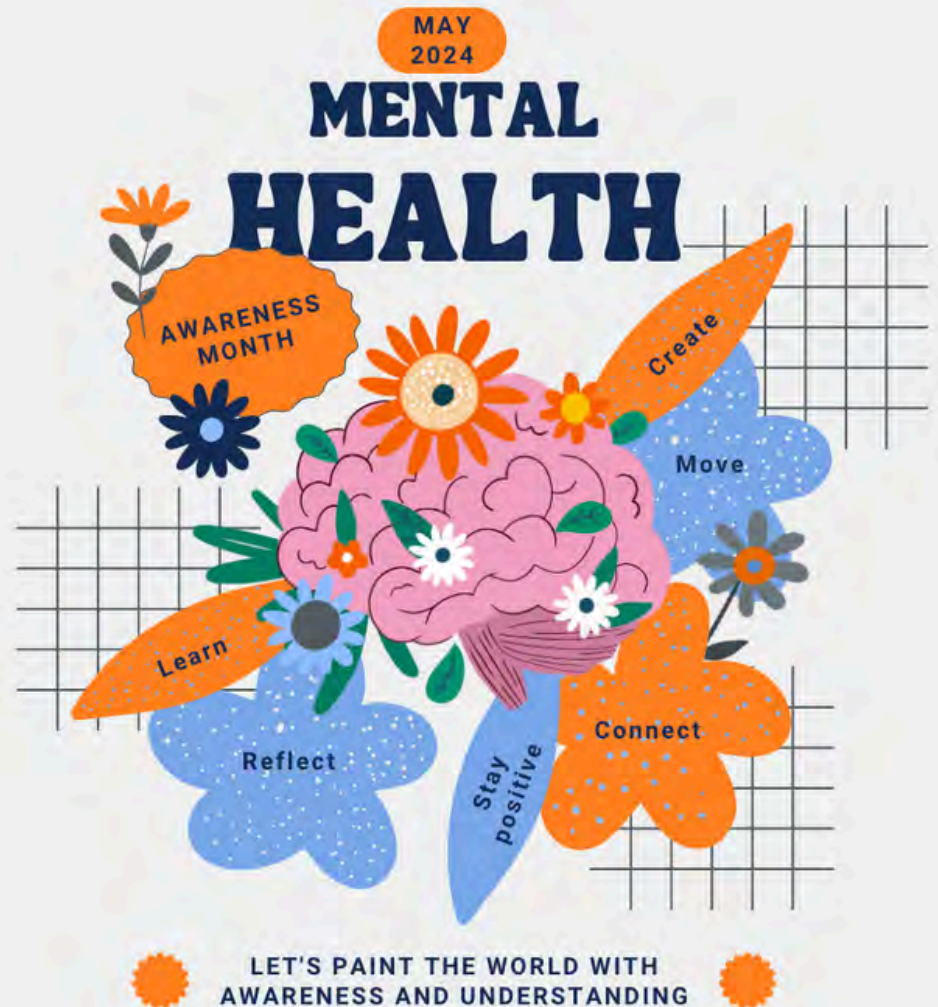
TICK-BORNE ILLNESS

HEALTH EDUCATOR SPOTLIGHT

HARP EVENTS

MBRHC EVENT FLYERS

FOLLOW US ON SOCIAL MEDIA



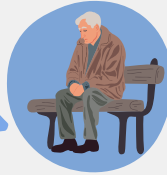
May is Mental Health Awareness Month. Our goal this month is to bring awareness to how mental health issues affect seniors, kids, and teens. We also go over how The Mid-Bergen Regional Health Commission (MBRHC) is helping the community combat mental health issues through programming and useful resources.

BRAIN HEALTH IN SENIORS

Brain health at all ages is important. It can be influenced by genetics, environmental, and lifestyle factors. Seniors often can be diagnosed with Dementia, Alzheimer's, Depression, Delirium, Anxiety, etc. Although some of these can't be changed there are lifestyle changes that can make a difference.



Mental Health is Important at all stages of life



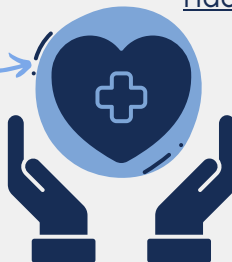
Participate in social activities

Seniors can find themselves feeling lonely or isolated due to illness, separation of friends/family, loss of mobility, and not engaging in meaningful activities. Seniors can connect with people through social activities and community programs. We currently have programs such as guided meditation, bracelet making, and watercolor health for seniors. For more information, visit [our website](#).



Take care of your physical health

It is important to get recommended health screenings, establish a healthy diet, learn about fall prevention, manage chronic health problems, and get enough sleep. We currently partner with Hackensack Meridian Health, who have classes and events on many of these topics. For more information, visit [the Hackensack Meridian Health website](#).



Physical Health Decline

Reduced physical activity/sedentary behavior can lead to an increased vulnerability for developing somatic and mental disorders.

We are currently holding walking group programs in Hasbrouck Heights, Englewood Cliffs, Closter, and Leonia. For more information visit our [website](#).

Sources

- [CDC](#)
- [WHO](#)
- [AAGP](#)
- [NIH](#)



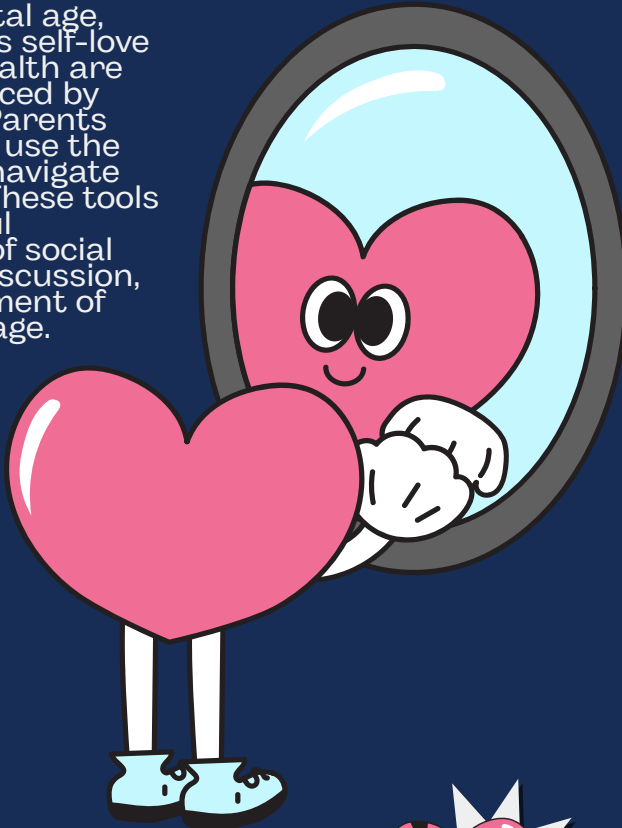


Social Media

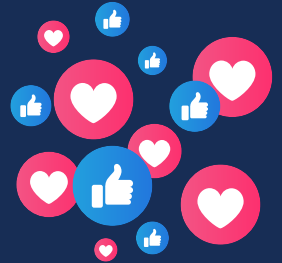


& Mental Health

In today's digital age, kid's and teen's self-love and mental health are greatly influenced by social media. Parents and kids must use the right tools to navigate this new era. These tools include mindful consumption of social media, open discussion, and reinforcement of positive language.



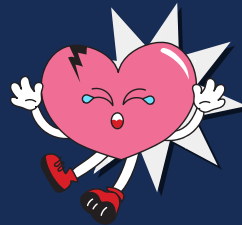
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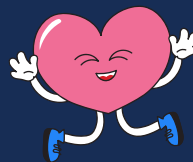
"Frequent social media use may be associated with distinct changes in the developing brain, potentially affecting such functions as emotional learning and behavior, impulse control, and emotional regulation (Yale)". Social media is a wonderful platform to build connections and keep up with the news. Unfortunately, it also is a platform where comparison, competition, overconsumption, and cyberbullying occur. Kids & Teens might be exposed to an overwhelming amount of news, trends that they might feel the need to keep up with, photoshopped pictures changing their views on beauty, etc. It is important for parents and their children to find a perfect balance between social media and the outside world.

02

Keep lines of communication open! It is important for your child to feel that they can come to you and express themselves freely. Instead of monitoring your child's phone, try asking them what their experience with social media is. Remember to be a good listener and avoid minimizing their feelings. **Use professional help when needed.**



So how do you combat this? You can start by trying to decrease your children's screen time and increase physical activities and after-school programs. Practice what you preach by doing the same.

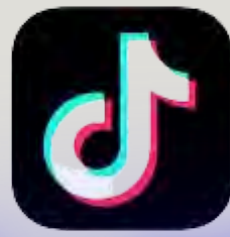


03

Reinforce positive thinking! Children learn from you! Start showing yourself self-love and be mindful of the words you use to talk about others.



PÖV:

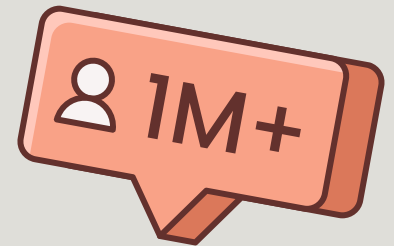


influencer



ABOUT

SKINCARE





THE TRUTH

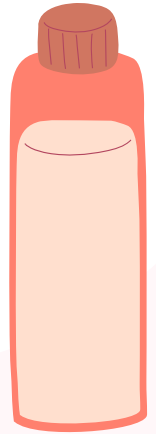
Freebies & \$\$\$

Did you know that many tween and teen influencers get free products or are even paid to share about their routines and products? This can even be the case for people in your school who have a lot of followers. Ask yourself why companies may be doing this?



Beauty Stores

Have you ever been to a beauty store and been asked about your skincare routine while they may not have asked your parent who probably has more money to spend in the store? Ask yourself why beauty stores are targeting teens and tweens vs. the older adults many of these skincare products are made for?



Feeling Bad

Many tweens and teens are spending lots of \$\$\$ and time on skincare and are still feeling bad about their skin, which leads them to spend more \$\$\$ and time on their skincare. Ask yourself again, why are companies giving away free products to teen and tween influencers? Also, wouldn't it be nice to use your \$\$\$ on something that makes you happy instead?



Missing Out

Did you know that around the middle school years, many kids (girls especially) lose confidence and stop doing things they enjoy and excel at like sports, dance, and school, because of the increased loss of confidence about their bodies and abilities? Hmmm...



Are you angry yet?

Here are some tips to battle the lies of skincare influencers:

Be a critic

LOOK AT THE ACCOUNTS YOU FOLLOW. HOW DO THEY MAKE YOU FEEL? ARE THEY SELLING YOU PRODUCTS? IF THEY ARE MAKING YOU FEEL BAD OR ARE TALKING ABOUT THEIR LATEST BEAUTY HAUL, IT MAY BE TIME TO UNFOLLOW.

IF A BEAUTY STORE WORKER ASKS YOU ABOUT YOUR SKINCARE ROUTINE, POLITELY SAY "NO COMMENT" AND WALK AWAY.

REMEMBER, YOU DO NOT NEED WHAT THEY ARE TRYING TO SELL YOU.

YOU ARE YOU & YOU ARE PERFECT.

Bond differently

WE KNOW THAT LOTS OF FRIEND GROUPS ENJOY SPENDING TIME SHOPPING AT BEAUTY STORES. THIS IS OK, BUT FOCUS ON PRODUCTS THAT EITHER MAKE YOU FEEL GOOD LIKE THAT NEW PERFUME OR BUILD YOUR CREATIVE ART SKILLS (MAKEUP AS ART VS CHANGING WHO YOU ARE AS A PERSON). YOU CAN ALSO FIND A NEW ACTIVITY TO DO TOGETHER THAT DOES NOT FOCUS ON CHANGING WHO YOU ARE, LIKE JOINING A CLUB OR SPORT.

Care for your skin

CARING FOR YOUR BODY AND SKIN IS IMPORTANT, BUT YOU DO NOT NEED ALL OF THE EXPENSIVE PRODUCTS THAT INFLUENCERS ARE TELLING YOU TO BUY OR A 50 STEP SKINCARE ROUTINE. HERE IS ALL YOU NEED:

1. WASH WITH A MILD CLEANSER MORNING & NIGHT
2. USE A MILD OIL FREE MOISTURIZER MORNING AND NIGHT
3. USE SUNSCREEN WITH AT LEAST SPF 30 EVERY MORNING
4. IF YOU HAVE ANY CONCERNS ABOUT YOUR SKIN, ASK A PARENT OR GUARDIAN TO TAKE YOU TO A DERMATOLOGIST.

Jamie Heather Sclafane, MS, MCHES®

Health Educator-Leonia

Mid-Bergen Regional Health Commission

jsclafane@njlincs.net

Facebook, Instagram, TikTok @LeoniahHealth



MBRHC & MENTAL HEALTH

BODY ACCEPTANCE

On Body Acceptance Week, our Health Educator, Jamie Sclafane, placed body-positive messages in every bathroom in all three Leonia school buildings for both students and staff.

MEDITATION

Health Educator, Kelley Grippo, helps residents clear their minds through guided meditation. Themes include self-love, boosting confidence, and personal growth.

Health Educator, Jesus Plata, offers senior residents meditation through watercolor classes and bracelet making.



EXERCISE

MBRHC educates seniors on the range of motion through the Bingocize Program.

STUDENT WELLNESS FAIR

Collaboration between Mid-Bergen Regional Health Commission, Leonia Home & School Association, and Leonia School District. MBRHC purchased 500 Mirrors in white with our logo and the saying "TikTok & Instagram are telling lies. You are YOU & YOU are perfect."



Mental Health Resources

New Jersey Mental Health Cares

THE NEW JERSEY MENTALHEALTHCARES HELPLINE IS FUNDED BY THE NEW JERSEY DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES. ASSISTANCE IS AVAILABLE IN MANY LANGUAGES. A TTY LINE IS AVAILABLE FOR THE DEAF AND HEARING IMPAIRED AT (877) 294-4356 HOURS OF OPERATION ARE MONDAY THRU FRIDAY 8 A.M. TO 8 A.M. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.NJMENTALHEALTHCARES.ORG/ABOUT-US/](https://www.njmentalhealthcares.org/about-us/)

988 Suicide & Crisis Hotline

THE 988 LIFELINE PROVIDES 24/7, FREE, AND CONFIDENTIAL SUPPORT FOR PEOPLE IN DISTRESS, PREVENTION AND CRISIS RESOURCES FOR YOU OR YOUR LOVED ONES, AND BEST PRACTICES FOR PROFESSIONALS IN THE UNITED STATES. CALL 988. FOR MORE INFORMATION VISIT:

[HTTPS://988LIFELINE.ORG/](https://988lifeline.org/)

West Bergen Mental Healthcare

OFFERS A FULL SPECTRUM OF CRITICAL PSYCHO-THERAPEUTIC TREATMENTS FOR CHILDREN, ADOLESCENTS, ADULTS, AND FAMILIES SUFFERING FROM TRAUMA, DEPRESSION, ANXIETY, AND OTHER MENTAL HEALTH ISSUES, INCLUDING THOSE RESULTING FROM THE COVID-19 PANDEMIC. FOR MORE INFORMATION VISIT:

[HTTPS://WESTBERGEN.ORG/](https://westbergen.org/)

Center For Discovery: Eating Disorder Treatment

PROVIDES RESIDENTIAL AND DAY TREATMENT FOR ALL TYPES OF EATING DISORDERS, INCLUDING: ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE EATING DISORDER, OSFED, ARFID, AND ORTHOREXIA NERVOSA. FOR MORE INFORMATION VISIT:

[HTTPS://CENTERFORDISCOVERY.COM/](https://centerfordiscovery.com/)

Advance Housing, Advance Counseling Center

OFFERS A UNIQUE COMBINATION OF HOUSING, SUPPORTIVE COUNSELING, AND CRISIS INTERVENTION SERVICES THAT ARE CURRENTLY OFFERED TO ADULT POPULATIONS TO INCLUDE UNDERSERVED POPULATIONS SUCH AS AGING-OUT YOUTH AND DUALY DIAGNOSED INDIVIDUALS. FOR MORE INFORMATION VISIT:

[HTTPS://ADVANCEHOUSING.ORG/](https://advancehousing.org/)



Mental Health Resources

Compass Counseling & Psychotherapy

COMPASS PROVIDES COUNSELING TO INDIVIDUALS THROUGHOUT ALL STAGES OF LIFE: CHILDREN, ADOLESCENTS, YOUNG ADULTS, AND ADULTS. COMPASS PROVIDES INDIVIDUAL, COUPLES, AND FAMILY THERAPY. THEIR THERAPISTS ARE EXPERIENCED IN A NUMBER OF THERAPEUTIC TECHNIQUES AND CAN TAILOR THE APPROACH TO THE PERSON. WHETHER YOU STRUGGLE WITH MENTAL ILLNESS OR CHANGES IN LIFE CIRCUMSTANCES COMPASS WILL HELP YOU GET TO WHERE YOU WANT TO BE. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.COMPASSCOUNSELINGPSYCH.COM/](https://www.compasscounselingpsych.com/)

CarePlus New Jersey

A DISTINGUISHED 501(C)(3) NON-PROFIT ORGANIZATION AND PROUDLY STANDS AS A LOCAL CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINIC (CCBHC). THEY ARE DEDICATED TO DELIVERING COMPREHENSIVE, RECOVERY-FOCUSED INTEGRATED PRIMARY CARE, MENTAL HEALTH CARE, AND SUBSTANCE ABUSE REHABILITATION SERVICES. FOR MORE INFORMATION VISIT: [HTTPS://CAREPLUSNJ.ORG/#](https://careplusnj.org/#)

ADOLESCENT AND FAMILY TREATMENT (AFT)

THE ADOLESCENT AND FAMILY THERAPY PROGRAM (AFT) OFFERS PSYCHOLOGICAL OUTPATIENT SERVICES FOR BERGEN COUNTY ADOLESCENTS BETWEEN THE AGES OF 12 AND 17½ WHO DO NOT HAVE MEDICAL INSURANCE OR THE FINANCIAL RESOURCES TO PAY FOR PSYCHOLOGICAL OR PSYCHIATRIC TREATMENT. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.CO.BERGEN.NJ.US/IMAGES/DEPARTMENTS_SERVICES/HUMAN_SERVICES/FAMILY_GUIDANCE/2021/08/AFT_BROCHURE.PDF](https://www.co.bergen.nj.us/images/departments_services/human_services/family_guidance/2021/08/aft_brochure.pdf)

Center For Discovery: Eating Disorder Children's After-School Treatment Services (C.A.T.S.)

BERGEN COUNTY'S DIVISION OF FAMILY GUIDANCE PROVIDES CLINICAL, RESIDENTIAL, EDUCATIONAL, CORRECTIONAL, CASE MANAGEMENT AND MONITORING SERVICES TO AT-RISK CHILDREN, ADOLESCENTS, AND FAMILIES, PARTICULARLY THOSE WHO ARE OTHERWISE UNABLE TO RECEIVE NEEDED SERVICES. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.CO.BERGEN.NJ.US/IMAGES/DEPARTMENTS_SERVICES/HUMAN_SERVICES/FAMILY_GUIDANCE/2021/08/CATS.PDF](https://www.co.bergen.nj.us/images/departments_services/human_services/family_guidance/2021/08/cats.pdf)

NJ Department of Human Services Division of Aging Services

THE DIVISION OF AGING SERVICES (DOAS) ADMINISTERS SEVERAL FEDERAL AND STATE-FUNDED PROGRAMS THAT MAKE IT EASIER FOR OLDER ADULTS TO LIVE IN THE COMMUNITY AS LONG AS POSSIBLE WITH INDEPENDENCE, DIGNITY, AND CHOICE..FOR MORE INFORMATION VISIT: [HTTPS://WWW.NJ.GOV/HUMANSERVICES/DOAS/](https://www.nj.gov/humanservices/doas/)

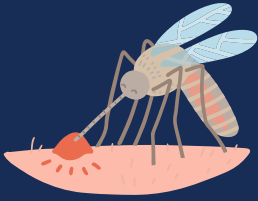
FOR RESOURCE GUIDE:

[HTTPS://WWW.NJ.GOV/HUMANSERVICES/DOAS/DOCUMENTS/DOAS%20PROGRAM%20GUIDE.PDF](https://www.nj.gov/humanservices/doas/documents/doas%20program%20guide.pdf)



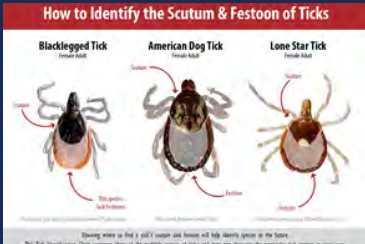
TICK-BORNE DISEASES

By: Erin O'Grady



WHAT IS A TICK-BORNE DISEASE?

A range of illnesses spread to humans by the bite of an infected tick.



THERE ARE 3 SPECIES OF TICKS MAINLY FOUND IN NJ

- 1) Black-legged tick
- 2) Lone star tick
- 3) American dog tick



WHERE CAN TICKS BE FOUND?

Ticks can be found in cooler areas such as:

- Trees, Brush, Tall grass



SYMPTOMS OF A TICK-BORNE ILLNESS

Fever/ chills
 Headache
 Fatigue
 Muscle aches
 Rash *There are different rashes for each disease*



Is transmitted from a blacklegged tick to humans.

LYME DISEASE

The most common tick-borne disease in the United States.

If left untreated, infection can spread to joints, the heart, and the nervous system.



BABESIOSIS

Bite is the size of a poppy seed

Flu like symptoms are most common

Is transmitted from a black-legged tick to humans.

WHERE TO CHECK FOR TICKS ON YOUR BODY?

Under the arms
 In and around ears
 On the scalp
 In and around hair



Between legs
 Inside belly button
 Back of knees
 Around the waist





MID-BERGEN REGIONAL HEALTH COMMISSION

Public Health Educator Spotlight

May 2024



Kelley Grippo Health Educator

Kelley Grippo graduated from Stockton University in 2020 with a Bachelor of Science in Public Health with a Community Health education concentration. Kelley changed her major to Public Health with guidance from an advisor, so she always says she did not choose Public Health, it chose her! She is the Health Educator for Bergenfield, New Milford, Tenafly, Ramsey, and River Edge. Kelley Interned with the Bergenfield Health Department in 2021, helping Bergenfield set up its COVID-19 vaccination clinics and releasing informational videos about COVID-19. Kelley started with Mid Bergen Regional Health Commission in August of 2022 as a Health Educator. Kelley is a social butterfly and being a health educator allows her to interact with many people from all walks of life. She runs programs such as guided meditation, arts and crafts for adults with intellectual and developmental disabilities, and various exercise programs. You can also find her at many town events such as River Edge Day, Tenafly Spring Fling, and New Milford National Night Out promoting topics such as sun safety, tick bite prevention, and foodborne illness prevention. Kelley's greatest accomplishment while working at MBRHC has been watching the health and wellness of her communities improve! To wind down, Kelley bowls every week in an amateur league! She bowled in high school at the Academy of the Holy Angels, in college at the University of Alabama before she transferred, and in amateur leagues since college. Kelley has worked many years to maintain her 202 average. Kelley is a loving mother to a black rescue cat named Becky, who, in her opinion, is the cutest cat in the world.



MID-BERGEN REGIONAL HEALTH COMMISSION

Hackensack Meridian Health Education Events

May 2024

https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290?_ga=2.16426800.704716346.1709876496-912413152.1709876496

Matter of Balance

🕒 May 09, 2024 – June 27, 2024

📍 Hackensack Meridian Fitness & Wellness Community Education

Join us for an eight-week workshop designed to reduce the fear of falling and increase the activity leve...

[More Details](#)

Osteoporosis Prevention and Detection

🕒 May 09, 2024 at 12:00 PM – 1:00 PM ET

📍 Bloomfield Public Library

Get Strong and healthy bones! Osteoarthritis and Osteoporosis prevention tips and how to detect it. R...

[More Details](#)

Aging in Place

🕒 May 14, 2024 at 12:00 PM – 1:00 PM ET

📍 Wyckoff Family YMCA

Northern New Jersey is home to a growing and diverse older adult population that shares the commo...

[More Details](#)

The Partner Plan: How to Support Your Partner During Pregnancy

🕒 May 14, 2024 at 6:30 PM – 7:30 PM ET

📍 Mountainside Medical Center

Congrats! Your family is expanding! Are you ready for the next nine months? Learn how to support yo...

[More Details](#)



MID-BERGEN REGIONAL HEALTH COMMISSION

Hackensack Meridian Health Education Events

May 2024

https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290?_ga=2.16426800.704716346.1709876496-912413152.1709876496

Woman to Woman: Welcoming Wellness - A Women's Night Out

🕒 May 16, 2024 at 6:00 PM – 9:00 PM ET

📍 Glen Ridge Country Club

You have a journey ahead filled with memories to create and milestones to achieve. To accomplish it a...

[More Details](#)

Prepared Childbirth

🕒 May 18, 2024 at 9:00 AM – 4:00 PM ET

📍 Mountainside Medical Center

*This is an in-person class*This is a one-day accelerated childbirth class that prepares the expectant ...

[More Details](#)

Positive & Productive Parenting Coaching Group

🕒 May 27, 2024 – July 11, 2024

📍 Virtual or In-Person at The Audrey Hepburn Children's House

It's not easy to be a parent, and know the best way to raise a responsible and understanding child. Joi...

[More Details](#)

Cooking for Strong Bones

🕒 May 27, 2024 at 6:00 PM – 7:00 PM ET

📍 Hackensack Meridian Fitness & Wellness Center, Community Room

50% of women & 25 % of men age 50 and older will break a bone due to osteoporosis. Join one of the ...

[More Details](#)

HASBROUCK HEIGHTS

WALKING GROUP

SPONSORED BY HASBROUCK HEIGHTS BOARD OF HEALTH

MEETING AT THE CONCESSION STAND AT
DEPKEN FIELD

EVERY TUESDAY & THURSDAY - RAIN OR SHINE
WIN PRIZES WHEN YOU WALK WITH US!

APRIL 23RD TO MAY 23RD

10:00 AM - 11:00 AM

FOR QUESTIONS & REGISTRATION CONTACT:

SARAH BOMBINO, PUBLIC HEALTH PLANNER

201-362-1458



ENGLEWOOD CLIFFS

WALKING GROUP

MEETING AT THE CONCESSION STAND AT
WITTE FIELD PARK

**EVERY TUESDAY & THURSDAY
RAIN OR SHINE**

**STARTING
APRIL 23RD TO MAY 23RD**

7 PM - 8 PM

**JOIN US EACH WEEK FOR A
CHANCE TO WIN A PRIZE!**

MAYOR MARK M. PARK

FOR QUESTIONS & REGISTRATION CONTACT:
JAMES FEDORKO, HEALTH OFFICER
551-238-9590



CLOSTER WALKING GROUP

Sponsored by
Closter Senior Citizens Club



RUCKMAN PARK

**EVERY MONDAY | MAY 6TH TO
JUNE 3RD | 9:00AM - 10:00AM**



**FOR QUESTIONS & REGISTRATION CONTACT:
SARAH BOMBINO, PUBLIC HEALTH PLANNER
201-362-1458**



Join Us!



FOR A WALK THROUGH THE PARK

A WALKING GROUP FOR LEONIA CAREGIVERS OF BABIES AND TODDLERS

enjoy

- fitness
- fresh air
- tranquility
- new friends

While your child naps

family health information



TUESDAYS & THURSDAYS

12:30-2PM

STARTING 4/18-6/20/24



OVERPECK PARK, LEONIA

Email JSCLAFANE@njlincs.net to register



A limited number of free reflective stickers will be distributed at each school building's bike racks during school arrival.

Leonia High School- Christie Heights & Grand Ave.

Leonia Middle School-Christie Heights & Broad Ave.

Anna C. Scott Elementary-All Crossing Guard Locations

Wednesday, May 8th 2024

Join children and adults around the world to celebrate the benefits of walking and bicycling.

Walk and Bike to School Day are annual events that promote walking and bicycling for several reasons:

- Physical activity
- Teaching safe pedestrian and bicycling skills to children
- Awareness of how walkable & bikeable a community is and where improvements can be made
- Concern for the environment
- Reducing traffic congestion, pollution and speed near schools
- Sharing time with community leaders, parents and children

Your local coordinator:



Jamie Sclafane, MS, MCHES®
Health Educator-Leonia
Mid-Bergen Regional Health Commission
Email: jsclafane@nilincs.net

Learn more at walkbiketoschool.org

Walk to School Day is coordinated in the U.S.A. by the National Center for Safe Routes to School.





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Let's Get Connected for Our Latest News & Updates

SCAN ME



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• @midbergen_rhc

• <https://midbergen-regionalhealth.org>