



A Guide To HEALTH & WELLNESS



Designed to provide information and resources for individuals with disabilities and access and functional needs, their caregivers, and their families to engage in public health and community health & wellness services.



DAWN Center for Independent Living

Public Health Directory: *Expanding the Public Health Workforce within the Aging and Disability Networks in Morris, Sussex and Warren Counties, New Jersey*

Guide to Health and Wellness

with a Public Health Directory

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A CALL TO ACTION

The U.S. Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities is "built on the need to promote accessible, comprehensive health care that enables persons with disabilities to have a full life in the community with integrated services, consistent with the President's New Freedom Initiative. Persons with disabilities must have accessible, available and appropriate health care and wellness promotion services. They need to know how to—and to be able to—protect, preserve and improve their health in the same ways as everyone else. This Call to Action encourages health care providers to see and treat the whole person, not just the disability; educators to teach about disability; a public to see an individual's abilities, not just his or her disability; and a community to ensure accessible health care and wellness services for persons with disabilities. (U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities. US Department of Health and Human Services, Office of the Surgeon General, 2005)

Community Health Initiatives may not always provide accommodations and supports for people with disabilities or functional limitations to fully participate in public health and community engagement opportunities. The purpose of this guide is to create an awareness of the need to engage individuals with disabilities and functional access needs to resources to Public Health and healthy living initiatives in their communities. This Guide contains a Local Public Health Directory, and a Human Services Directory so community members can seek information about Public Health services and access to supports and services where they live and work, to address health, and social determinants of health.

Disclaimer:

This guide is NOT a substitute for professional healthcare, and is NOT intended to diagnose, treat, or cure any illness. Some health conditions that are mentioned in a general sense are used as examples of how positive lifestyle interventions may reduce the risk for certain diseases. Always consult with a health professional to discuss your diet, and before beginning an exercise program.

LIFESTYLE AND HEALTH

A healthy lifestyle is a way of living that lowers the risk of illness and in some cases, death. Although not all diseases can be prevented, many are preventable. Healthy lifestyle activities may reduce some risks for certain chronic diseases, such as diabetes, high blood pressure and heart disease.

A risk factor is anything that affects your chance of getting a disease. Different diseases have different risk factors. Some risk factors, like smoking, eating an unhealthy diet, or not exercising, can be changed. Other risk factors, like a person's age or family history, can't be changed.

It is important that all people discuss their personal and family health histories, and screenings and healthy lifestyle strategies with a primary healthcare provider.

By recognizing health threats, a person better understands the steps to take that may reduce the risks for contagious diseases, chronic and other, and injuries and help avoid the leading causes of death. Positive lifestyle changes can lessen some of the risks. Below are some lifestyle interventions for optimizing health and wellbeing.

Lifestyle: Daily Care

Oral Hygiene

Personal Hygiene

Drink water

Eat a healthy diet

Take medications that are only prescribed to you, and take them as directed

Get enough sleep

Participate in recreation and physical activity

Wear a hat and sunscreen to avoid skin cancers

Manage stress

Lifestyle: Diet

We are more aware now than ever of the role that nutritious foods play in our overall health and ability to fight off infections.

Some people have religious and cultural preferences, food allergies, intolerances and sensitivities, and difficulties chewing and swallowing. Some food may interact with certain medications. Always follow the dietary guidelines of your personal healthcare provider and a registered dietitian to make sure the foods you are choosing are appropriate for you.

USDA's [ChooseMyPlate.gov](https://www.choosemyplate.gov) includes information to help consumers get started toward a healthier lifestyle that can fit just about anyone's budget. The [tips and resources](#) available can make it easier to control what you eat and how much you spend.

Lifestyle: Physical Activity

The National Center on Health, Physical Activity, and Disability (NCHPAD) Exercise Guidelines for People with Disabilities

Exercise is for EVERY body. This slogan appears in a number of places on the NCHPAD Web site, and for a very good reason. Exercise is a key factor in maintaining and improving overall health. In 1996, the Surgeon General of the United States reported that "significant health benefits can be obtained with a moderate amount of physical activity, preferably daily." More recently, the [2018 Physical Activity Guidelines for Americans](#) provides science-based guidance to help individuals with disabilities aged 6 and older improve their health through appropriate physical activity. These benefits are even more important if you have a disability, since people with disabilities have a tendency to live less active lifestyles. Yet, it is just as important for your body to get exercise. This factsheet provides some general exercise guidelines you should review. Throughout this site are resources on physical activity and exercise programs of all sorts: indoor and outdoor, sports or recreational, solitary or team. It doesn't matter what you choose, so long as you choose to get a moderate amount of physical activity *each day*. Source: nchpad.org



YMCA

Find your local **YMCA**! Search for a location closest to you to best suit you and your family's needs. Get involved in your local community through the **YMCA**!

The **YMCA** has helped reduce limitations for people who have physical challenges or disabilities. Check with your area YMCA for adaptive and inclusive exercise programs for people with disabilities and functional limitations.

Find your local YMCA here: <https://www.ymca.org/find-your-yT>

PRIMARY CARE AND SCREENINGS

Primary care with a healthcare provider helps to prevent (and manage) disease by identifying risk factors; coordinating and managing chronic disease care for longevity and a better quality of life.

Screenings help find problems early on, when they may be easier to treat. Getting recommended screenings is one of the most important things you can do for your health.

Dental Care is Healthcare

Your annual dental exam is just as important as any other health screening. Professional cleanings are an important part of maintaining good oral health. Schedule routine cleanings and dental exams.

Screenings for Individuals with Disabilities and Special Needs, and Functional Limitations

According to The U. S. Centers for Disease Control and Prevention (CDC), people with disabilities are less likely than people without disabilities to receive recommended cancer screening tests. Discussing your disability related concerns with your healthcare provider can increase awareness and sensitivity and reduce barriers that prevent many people with disabilities or functional limitations from obtaining early cancer and disease detection services.

A team approach consisting of the individual with a disability or functional limitation, the caregiver, healthcare provider, and radiologists and staff at the diagnostic center may give the individual confidence and reduce stress and trauma associated with uncomfortable medical procedures.



New Jersey Cancer Education and Early Detection (NJCEED)

The New Jersey Cancer Education and Early Detection (NJCEED) Program provides comprehensive outreach, education and screening services for breast, cervical, colorectal and prostate cancers.

ScreenNJ is a statewide program whose focus is to implement and expand the reach of evidence-based cancer prevention and screening services, directly address barriers that prevent people from receiving timely cancer screenings, and reduce the cancer burden experienced by New Jerseyans.

The Impact of COVID-19

During the COVID-19 pandemic, cancer screening rates across NJ and the nation plummeted, with screenings for breast, colon, lung, prostate, and cervical cancer decreasing by 85 percent, 75 percent, 56 percent, 74 percent, and 94 percent, respectively during the initial months of the crisis and only partially recovering since then.

ScreenNJ provides information on Screening Services for Un/Underinsured Patients

Screening for cancer is covered with no deductible or co-pay by many insurance plans including Medicare, and patients with no insurance may be able to receive recommended cancer screenings at their [NJ CEED agency](#) (New Jersey Cancer Education and Early Detection) or at other [ScreenNJ partner sites](#).

These delayed or missed screenings result in cancer being diagnosed at later stages, putting more than 10,000 more people at risk of death from cancer annually over the next decade. ScreenNJ assists partners to implement COVID-19 responses that encourage patients to reschedule cancelled screenings, screen previously unscreened patients, and provide patient navigators who guide patients through the additional screening barriers that COVID-19 has created.

MENTAL HEALTH MATTERS

Your mental health has a great impact on your physical health and vice versa.

Mental health includes your emotional, social and psychological well-being. Your mental health status impacts how you feel and think and act. It also affects how you handle stress, manage relationships and make healthy choices. Mental health is important at every stage of life.

People often don't get the mental health services they need because they don't know where to start. Talk to your primary care doctor or another health professional about mental health problems. Ask them to connect you with the right mental health services.

If there is an immediate mental health crisis, go to a hospital emergency room or call 9-1-1.

In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org

Resources and information are available on the U.S. Department of Human Services Substance Abuse and Mental Health Services Administration website at SAHMSA.Gov



It's OK to get help

PROTECTYOURSELF AND OTHERS FROM GERMS

Coughing and Sneezing

(Source: CDC.gov)

Covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19. Germs can be easily spread by:

- Coughing, sneezing, or talking
- Touching your face with unwashed hands after touching contaminated surfaces or objects
- Touching surfaces or objects that may be frequently touched by other people

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues in the trash
- If you don't have a tissue, cough or sneeze into your elbow, not your hands
- **To help prevent the spread of respiratory disease, you can also avoid close contact with people who are sick.** If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

Remember to immediately wash your hands after blowing your nose, coughing or sneezing.

Washing your hands is one of the most effective ways to prevent yourself and your loved ones from getting sick, especially at key times when you are likely to get and spread germs.

- Wash your hands with soap and water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands



Proper Handwashing Technique

Time Required: 30 seconds. Here's How:

1. Turn on the tap until the water is warm but not too hot.
2. Rub hands together to get a nice, soapy lather.
3. Wash your palms, the back of their hands, their fingers and under your nails.
4. Sing "Happy Birthday" or count for 15-20 seconds.
5. Dry your hands on a paper towel (or if you are at home, on a clean hand towel).
6. If you are in a public bathroom, get into the habit of turning off the faucet with the paper towel when you are done.
7. When exiting a public or school restroom, use the same paper towel on the handle of the bathroom door to open it and to throw out the paper towel after exiting.

Gloves

When caring for someone who is sick

If you are providing care to someone who is sick at home or in another non-healthcare setting

- Use disposable gloves when cleaning and disinfecting the area around the person who is sick or other surfaces that may be frequently touched in the home.
- Use disposable gloves when touching or having contact with blood, stool, or body fluids, such as saliva, mucus, vomit, and urine.
- After using disposable gloves, throw them out in a lined trash can. Do not disinfect or reuse the gloves.
- Wash your hands after you have removed the gloves.

When gloves aren't needed

- Wearing gloves outside of these instances (for example, when using a shopping cart or using an ATM) will not necessarily protect you from getting COVID-19 and may still lead to the spread of germs.
- The best way to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

There is a correct way to wear gloves, and a correct way to put them on and take them off (donning and doffing) so that you do not contaminate yourself or surfaces while you are removing soiled gloves. There could be germs on your gloves even if they appear to be clean or are not visibly soiled. Always assume that the gloves are dirty when taking them off and use a safe technique to do so.

Please see the below steps or ask a healthcare professional to demonstrate the technique for you or look for a written guide or video online from a reputable source. County, State and Government public health websites, and healthcare institution websites are credible sources for reliable, evidenced based information related to health and public health.



More information is available on the CDC's website: [How to Protect Yourself and Others | CDC](https://www.cdc.gov/publications/default.htm)



PUBLIC HEALTH

What is Public Health?

Public Health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles in communities, and researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

Local Health Departments (LHDs) are community-based public health service providers and the front-line forces responsible for essential public health services that protect citizens. Cities, townships, boroughs and other municipalities rely on a network of Local Health Departments that help ensure Local Public Health in partnership with the State Department of Health. Some Local Health Departments cover a single municipality, while others cover multiple municipalities or entire counties.

Health departments work with healthcare and community partners to prevent and target the cause of disease outbreaks, and then determine the appropriate response. They prepare for and respond to disasters and emergencies.

Some roles of public health professionals in a local health department include:

- Chronic Disease Prevention
- Emergency Preparedness
- Environmental Health
- Food Safety
- Immunization
- Injury and Violence Prevention
- Infectious Disease Prevention
- Maternal and Child Health

Getting Connected to Your Municipal and County Government

The local governing body is the council, committee, board of supervisors, or other legislative body charged with governing the municipality. Contact the local municipality (city, town, township, or borough) or county, that serves your community and inquire if they have accommodations for individuals with special needs, so that people of all abilities can participate in community activities.

Let your municipal and public health office know if you or a person you live with has special health needs so they can be prepared to assist you in the event of a weather related or other emergency. Some examples of assistance they may provide include, but are not limited to:

- Oxygen
- Medications and storage for medications that need to be refrigerated
- Food or water
- Air conditioning or heat in the event of extreme heat or cold
- Other needs

Get Information Delivered to Your Inbox

Contact your local municipality and get signed up for alerts from your municipality and routine newsletters to stay involved in what is going on in your area.

Some municipalities share public health services. Inquire which Local Public Health Department serves your community. In this guide is a public health directory that identifies what health department serves each municipality in your county.

Local Office of Emergency Management (OEM)

You can find links to your local OEM on your municipal or county government website or your local health department website.

REGISTER READY- New Jersey's Special Needs Registry for Disasters

When addressing the health and overall wellness of a person with a disability, disaster and emergency preparedness must be taken into consideration.

The State of New Jersey Department of Human Services, Division of Disabilities Services advises people with disabilities and their family members to make plans to protect themselves in the event of disasters.

New Jersey's Special Needs Registry for Disasters allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

Why should you register?

To be notified by local officials when an evacuation has been ordered.

Check your state's Office of Emergency Management website to sign up on the special needs registry.

New Jersey's Register Ready link: <https://www13.state.nj.us/SpecialNeeds/Registration>

CDC Emergency Preparedness tips:

- Develop a back-up plan. Inform caregivers, friends, family, neighbors or others who might be able to help during an emergency.
- Stock up on food, water, and any necessary prescriptions medications, medical supplies or equipment. Have enough to last at least a week.
- Make a list of emergency contact information and keep it handy.
- Keep a charged car battery at home. It can power electric wheelchairs and other motorized medical equipment if there is an electricity outage.
- Learn about alternate transportation and routes.

ROLE OF THE FIRST RESPONDER

Understand the responsibilities and limitations of a "first responder" (for example, members of your local fire department or law enforcement office) during a disaster. More information is available at: <http://www.cdc.gov/Features/EmergencyPreparedness/>

HEALTH DEPARTMENTS SERVING MORRIS, SUSSEX, AND WARREN COUNTIES, NEW JERSEY (As of April 1, 2023)

This section is specific to the state of NJ. Outside of NJ and the counties listed in this guide you can find local public health information on your state health department's website.

Use the list below to contact your health department, and get on their email lists, follow their posts on social media, and stay informed.

MORRIS COUNTY

NJHealth Departments Serving Morris County		
Health Department Address	Towns Served	Health Officer
Morris County Division of Public Health PO Box 900 Morristown, NJ 07963	• Boonton Township • Denville • Hanover • Harding • Mendham Township • Morris Plains	Carlos Perez Jr., PhD Phone: 973-631-5484 Fax: 973-631-5490 Email: cperez@co.morris.nj.us
Bernards Township Health Department 262 South Finley Ave Basking Ridge, NJ 07920	• Chester Borough • Long Hill Township • Mendham Borough	Lucy Forgione, MS, HO Phone: 908-204-2520 Email: lforgione@bernards.org

NJHealth Departments Serving Morris County

Health Department Address	Towns Served	Health Officer
Bloomfield Department of Health and Human Services One Municipal Plaza, Room 111 Bloomfield, NJ 07003	- Chatham Township - Madison - Mountain Lakes	Amy Monaco, HO Phone: 973-680-4024 Email: amonaco@bloomfieldtwpnj.com
Dover Health Department 37 N. Sussex Street Dover NJ, 07801	Dover	Amy Monaco, HO (temporary) Phone: 973-680-4024 Email: amonaco@bloomfieldtwpnj.com
East Hanover Health Department 411 Ridgedale Avenue East Hanover, NJ 07936	East Hanover Parsippany	Carlo Dilizia, HO Phone: 973-888-6035 Email: carlod@easthanovertownship.com
Lincoln Park Health Department	Lincoln Park	Kathy Skrobala, RN,BSN, MA,HO Phone: 973-694-6100 x2036 Email: kathys@bolp.org

NJHealth Departments Serving Morris County

Health Department Address	Towns Served	Health Officer
34 Chapel Hill Road Lincoln Park, NJ 07035		
Montville Health Department 195 Changebridge Road Montville, NJ 07045	Montville	Vanessa Freire, HO Phone: 973-593-3081 Email: vfreire@montvillenj.org
Morris Township Health Department 50 Woodland Ave Convent Station, NJ 07961	Morris Township	Kevin Breen, HO Phone: 973-326-7390 Email: kbreen@morristwp.com
Morristown Health Department 200 South Street	Morristown	Tina Mereos, HO Phone: 973-796-1975 Email: t-mereos@townofmorristown.org

NJHealth Departments Serving Morris County

Health Department Address	Towns Served	Health Officer
Morristown, NJ 07960		
Mount Olive Health Department Route 46, PO Box 450 Budd Lake, NJ 07828	• Mine Hill • Mount Arlington Borough • Mount Olive • Netcong Township • Wharton Borough	Trevor Weigle, HO Phone: 973-691-0900 Email: tweigle@mtolivetwp.org
Pequannock Health Department 530 Newark-Pompton Turnpike Pompton Plains, NJ 07444	• Florham Park • Kinnelon • Pequannock • Riverdale	Thomas Cantisano, HO Phone: 973-835-5700 Email: tcantisano@peqtwtp.org
Randolph Health Department 502 Millbrook Avenue	• Randolph • Roxbury • Rockaway Borough	Mark Caputo, HO Phone: 973-989-7050 Email: mcaputo@randolphnj.org

NJHealth Departments Serving Morris County

Health Department Address	Towns Served	Health Officer
Randolph, NJ 07869	Chester Township	
Rockaway Township Health Department 65 Mount Hope Road Rockaway, NJ 07866	- Town of Boonton - Butler - Jefferson Township - Rockaway Township - Victory Gardens Borough	Peter Tabbot, HO Phone: 973-983-2848 Email: ptabbot@rockawaytownship.org
Washington Twp Health Department 43 Schooley's Mountain Road Long Valley, NJ 07853	Washington Township	Cris Cooke-Gibbs, MPH, HO Phone: 908-876-3650 Email: ccooke-gibbs@wtmorris.net
Westfield Health Department 425 E. Broad Westfield, NJ 07090	Chatham Borough	Megan Avallone, HO Phone: 908-789-4070 Email: mavallone@westfieldnj.gov

SUSSEX COUNTY

Sussex County Division of Health

201 Wheatsworth Road
Hamburg, NJ 07419
Phone: 973-579-0370

Division Director and Health Officer: Jennifer Shortino
Email: jshortino@sussex.nj.us
General Email: health@sussex.nj.us
Website: www.sussex.nj.us/health

WARREN COUNTY

Warren County Health Dept

700 Oxford Road
Oxford, NJ 07863
Phone: 908-475-7960

Health Officer: Peter Summers
Email: psummers@co.warren.nj.us
Website: www.warrencountynj.gov/government/health-department

STATE OF NEW JERSEY

The New Jersey Department of Health

Mailing Address:

Department of Health
P. O. Box 360, Trenton, NJ 08625-0360

Physical Address:

Department of Health
55 North Willow St
Trenton, NJ 08608

Phone: (609) 292-7837
Toll-free in NJ: 1-800-367-6543
Main Phone Number: 1-800-367-6543

Commissioner: Judith Persichilli

Website: www.nj.gov/health

New Jersey Department of Human Services, Division of Disability Services

Mailing Address:

PO Box 705
Trenton NJ 08625

Physical Address:

11A Quakerbridge Plaza
Mercerville, NJ 08619

Phone: 1-888-285-3036
Fax: 609-631-4365

Director: Peri L. Nearon

Email: peri.nearon@dhs.nj.gov

Website: <https://nj.gov/humanservices/dds/home/>

**HUMAN SERVICES IN MORRIS, SUSSEX, AND WARREN COUNTIES,
NEW JERSEY**

MORRIS COUNTY

Morris County Human Services

1 Medical Drive
Morris Plains, NJ 07950

Phone: 973-285-6868

Name of director of human services:

Director: Kasey Errico
kerrico@co.morris.nj.us

General Email (Form): <https://morriscountynj.seamlessdocs.com/f/feedbackform>

Website: <https://www.morriscountynj.gov/Departments/Human-Services>

List of depts:

[Aging, Disabilities & Community Programming](#)

[Community & Behavioral Health Services](#)

[Employment & Training Services](#)

[Juvenile Facilities](#)

[Office of Temporary Assistance \(OTA\)](#)

[Workforce Development Board](#)

SUSSEX COUNTY

Sussex County Human services

One Spring Street
Newton, N.J. 07860
Phone: 973-579-0559

Carol Novrit
Cnovrit@sussex.nj.us
Christine Florio
cflorio@sussex.nj.us

General Email: humanservices@sussex.nj.us

Website: www.sussex.nj.us/cn/webpage.cfm?tpid=3373

List of depts:

[Division Of Community & Youth Services](#) (Including Mental Health Services)

[Division Of Health](#)

[Division Of Senior Services](#)

[Division Of Social Services](#)

[Sussex County Skylands Ride](#)

WARREN COUNTY

Warren County Human Services

1 Shotwell Drive
Belvidere, NJ 07823
(908) 475-6331

Shawn Buskirk, Director/Co. Adj.
sbuskirk@co.warren.nj.us

General Email: humanservices@co.warren.nj.us

Website: <https://www.warrencountynj.gov/government/human-services>

List of depts:

[Division of Administration](#) (Including Mental Health Services)

[Office of the County Adjuster](#)

[Division of Aging and Disability Services](#)

[Division of Temporary Assistance and Social Services \(TASS\)](#)

NORTHERN NEW JERSEY SUPPORT AND ASSISTANCE

ScreenNJ and NJCEED

Screening for cancer is covered with no deductible or co-pay by many insurance plans including Medicare, and patients with no insurance may be able to receive recommended cancer screenings at their [NJ CEED agency](#) (New Jersey Cancer Education and Early Detection) or at other [ScreenNJ partner sites](#).

Community FoodBank of NJ (CFBNJ)

CFBNJ is the state's largest anti-hunger and anti-poverty organization. They purchase and collect food for distribution and help people in need through [SNAP application assistance](#).

Supplemental Nutrition Assistance Program (SNAP) provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

Website: <https://cfbnj.org/federal-nutrition-program/>

NJ211

Assistance for people who need help with life's most basic needs like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, childcare, senior needs, legal assistance, transportation, disability services and so much more.

NJ 211 also serves as the [State Homeless Hotline](#) and New Jersey's [Utility Assistance Hotline](#). Most recently, we were asked to support the NJ Department of Health by serving as the number to call when looking for general information about state directives and services related to COVID-19.

NJ 211 provides live assistance 24 hours a day, every day of the year. Services are free, confidential and multilingual

Phone: simply dial 2-1-1

Text: send your zip code to 898-211

Email: info@nj211.org

Sources

Us Centers for Disease Control and Prevention

www.cdc.gov

National Center on Health. Physical Activity and Disability

www.nchpad.org

New Jersey Department of Health

www.nj.gov/health

New Jersey Department of Human Services, Division of Disabilities Services

<https://www.state.nj.us/humanservices/dds/services/dhwi/>

Pula, Jaime L, PhD RDN

www.artofhealthsciences.com

US Department of Agriculture

www.usda.gov

SAHMSA

www.samhsa.gov

YMCA of The USA

<https://www.ymca.org/find-your-yT>