

*City of East Orange
Department of Health and Human Services
143 New St.
East Orange, New Jersey*

October 2015

National/Local Health Observances/Contact Information

National Breast Health and Cancer Awareness Month-October 1, 2015 to October 31, 2015

Each year Black women outrank all other races in breast cancer deaths, as well as all other cancer-related deaths. (source: cdc.gov 2012). Detection through screenings that include mammograms and a physical exam remain an important tool to diagnosis of abnormalities and early treatment. Free screenings are available through the health department and at other local sites.

Pink Out in East Orange Breast Health Awareness Walk –October 10, 2015

Registration:8:00 am to 10:00 am The Walk starts at 10:00 am This public/ private event is the result of a collaboration spearheaded by Mr. and Mrs. Timothy Brantley, of the Brantley Brothers Moving and Storage Company, INC with the City of East Orange and Orange. The Brantley's dedication to help raise community awareness of breast health for women and men has culminated in this walk, which is now an annual bi-city event. Everyone is encouraged to participate. The Walk will begin at Elmwood Park proceed to Orange Park, and then return to Elmwood Park. Community service agencies will be offering information at tables stationed in the park ,before and after the participants complete the walk. The proceeds from this event will go to the American Cancer Society to support various cancer related program. For information call: 973-266-5480/5429 or 973-414-4141

Free Women's Mammogram Clinic-October 15 2015, East Orange Health Department,143

New Street -Pre-registration required. In addition to mammograms, cervical and colorectal cancer screenings are completed for community members that are uninsured or underinsured. Additional screenings for HIV and blood pressure will be available. The **next clinic date is:** October 15, 2015, please call for an appointment- 973-266-5463/5434/5480/5429.

Annual American Cancer Society's "Making Strides Against Breast Cancer" Walk is

October 18, 2015, Military Park, Newark, N.J. Registration starts 8:00 am, Event starts @ 10:00 am. 1-800-227-2345 or go to www.MakingStridesWalk.org and connect with the EAST ORANGE CARES Team.

National Childhood Lead Poisoning and Prevention Week: October 25-31, 2015

The Center for Disease Control wants parents and family members to know

- Children under age 6 are most at risk for lead poisoning.
- Prevent lead poisoning. Get your home tested. Get your child tested. Get the facts!
- Was your house painted before 1978? Protect your family from lead exposure.
- Remodeling the home? Renovate right with lead-safe work practices.
- Talk to your health department about testing home paint and dust for lead.

Learn why it's important to prevent lead exposure: <http://ow.ly/BVYyU>

Additional information is available at:

The City of East Orange Childhood Lead Poisoning and Prevention Program: 973-266-5489

The Affordable Care Act-Open Enrollment begins November 1, 2015 and ends January 31, 2016

Are you: currently uninsured or underinsured and need information about the current insurance coverage under the Affordable Care Act (“ObamaCare”)? To get started call/email:

The Orange Affordable Care Act Navigator Project (OACANP)



or



AT

www.healthcare.gov /1- 800-318-2596

Domestic Violence Awareness and National Bullying Prevention Month- October 1, 2015 to October 31, 2015 These are issues that have devastating effects on local community members. Each incidence of domestic violence and/or bullying is a threat to the stability of families and the community . Find ways and information on how to manage both. Call or email; 973-266-5429 / Karen.LaRussa@eastorange-nj.gov

Mental Health Awareness Week: October 4 – 10, 2015- Local, county and state resources are available for those with mental health problems and their families. If you or someone you know is in need of advise or information; Call or email 973-266-5429
[/Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

Health Education Week- October 18th through October 24th, 2015 Find out more about ways that Health education impacts your daily life. Materials and referrals to various media outlets for personal or professional use will be available. Call or email ; 973-266-5429
[/Karen.LaRussa@eastorange-nj.gov](mailto:Karen.LaRussa@eastorange-nj.gov)

Now at The *East Orange Shop Rite*, a dietician is available to address your questions and concerns about the food you consume. Counseling will be personalized for individual needs to include chronic medical conditions, weight loss management to healthy eating as a life style. The dietician is Ms. Sally Hammer R.D, her telephone number is; (973) 674-1500. Please see the attached Shop-Rite Calendar of “Healthy Events”

Resources for Caregiver’s Preparing for Weather and other Emergencies; Due to recent traumatic weather events the “Caregiver Magazine” is recommending all “caregivers” be prepared with supplies or resources before the next storm emergencies occur (resources listed below). Be familiar with the East Orange Office of Emergency Management and the services they provide to the city’s residents. They can be contacted at: 973-677-8924 or via web at: www.eastorangenj.gov/Departments/CityAdmin/OfficeofEmergencyMgt/index.html

Federal resources:

www.ready.gov/seniors

www.cdc.gov/Features/tornadosafety/index.html

www.cdc.gov/Features/afteraflood/index.html

www.cdc.gov/features/hurricanepreparedness/index.html

www.phe.gov/ASPRBlog/Lists/Posts/Post.aspx?ID=54

www.redcross.org/prepare/location/home-family/seniors

Educational materials, activities and community resources for the above health topics are available through Health Education at the Health Department. Call 973-266-5429 or email

Karen.LaRussa@eastorange-nj.gov

Center for Disease Control (CDC) Health Alerts

Adolescent and Adult Vaccine Quiz: Did you know that certain vaccines are recommended for adults and adolescents?*

Find out which vaccines YOU may need, go to <http://www.nphic.org/niam>

Adolescent and Adult Vaccine Quiz: Did you know that certain vaccines are recommended for adults and adolescents? * vaccines YOU may need. This quiz provides information for people age 11 years and older.

Local Health Events/Fairs

*****PINK OUT of The ORANGES:DATE CHANGE*****

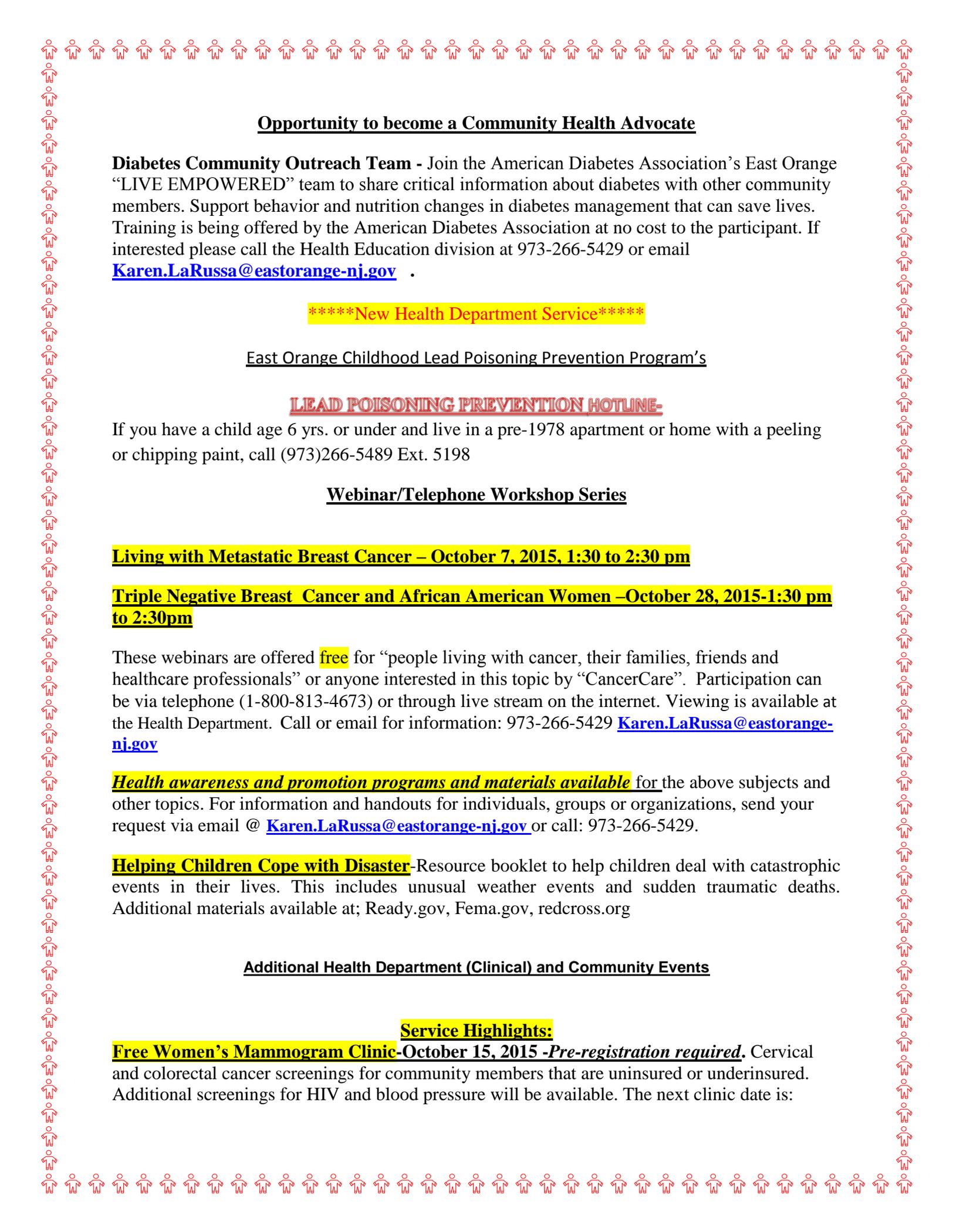
October 3, 2015 to October 10, 2015

Second Annual Pink Out of the Oranges Breast Health Awareness Walk –October 10, 2015

Registration:8:00 am to 10:00 am The Walk starts at 10:00 am This event is the result of a collaboration spearheaded by Mr. and Mrs. Timothy Brantley, of the Brantley Brothers Moving and Storage Company, INC with the City of East Orange Departments of Health Recreation and Policy Planning and Development. Their dedication to help raise community awareness of breast health for women and men has culminated in this walk, which is an annual city event. Everyone is encouraged to participate. The Walk will begin at Elmwood Park proceed to Orange Park, and then return to Elmwood Park. Community service agencies will be offering information at tables stationed in the park , before and after the participants complete the walk. ALL proceeds from this event will go to the American Cancer Society to support various cancer service programs

The walk will start at Elmwood Park, continue through East Orange to Orange Park and return to Elmwood Park for post-walk festivities

Farmer's Market-Tuesdays July 8 through October 27, 2015 at Central Avenue and Halsted St. -East Orange Health Department attend with a variety of community agencies to offer services and resources for healthy living.



Opportunity to become a Community Health Advocate

Diabetes Community Outreach Team - Join the American Diabetes Association's East Orange "LIVE EMPOWERED" team to share critical information about diabetes with other community members. Support behavior and nutrition changes in diabetes management that can save lives. Training is being offered by the American Diabetes Association at no cost to the participant. If interested please call the Health Education division at 973-266-5429 or email Karen.LaRussa@eastorange-nj.gov .

*******New Health Department Service*******

East Orange Childhood Lead Poisoning Prevention Program's

LEAD POISONING PREVENTION HOTLINE-

If you have a child age 6 yrs. or under and live in a pre-1978 apartment or home with a peeling or chipping paint, call (973)266-5489 Ext. 5198

Webinar/Telephone Workshop Series

Living with Metastatic Breast Cancer – October 7, 2015, 1:30 to 2:30 pm

Triple Negative Breast Cancer and African American Women –October 28, 2015-1:30 pm to 2:30pm

These webinars are offered **free** for "people living with cancer, their families, friends and healthcare professionals" or anyone interested in this topic by "CancerCare". Participation can be via telephone (1-800-813-4673) or through live stream on the internet. Viewing is available at the Health Department. Call or email for information: 973-266-5429 Karen.LaRussa@eastorange-nj.gov

Health awareness and promotion programs and materials available for the above subjects and other topics. For information and handouts for individuals, groups or organizations, send your request via email @ Karen.LaRussa@eastorange-nj.gov or call: 973-266-5429.

Helping Children Cope with Disaster-Resource booklet to help children deal with catastrophic events in their lives. This includes unusual weather events and sudden traumatic deaths. Additional materials available at; Ready.gov, Fema.gov, redcross.org

Additional Health Department (Clinical) and Community Events

Service Highlights:

Free Women's Mammogram Clinic-October 15, 2015 -Pre-registration required. Cervical and colorectal cancer screenings for community members that are uninsured or underinsured. Additional screenings for HIV and blood pressure will be available. The next clinic date is:

October, 2015, please call for an appointment- 973-266-5463/5434/5480.

The **Shingles vaccine** is now available at the Health Department for individuals 60 years of age and older

Free Men's Prostate Screening Clinic – Pre-registration required - DRE and PSA with colorectal cancer screening for uninsured, underinsured community members. Please call for an appointment-973-266-5463/5434/5429/5480 .

For additional information call for information or via the following web sites :

www.cdc.gov/prostate

<http://zerocancer.org/learn/testing>

Additional information for men and their families is available @ www.ustoo.org and www.womenagainstoprostatecancer.org

Residents may contact the New Jersey Division of Aging Services :800-792-9745 Toll Free dacs@dhs.state.nj.us for available resources

Women Infant's and Children's Program (WIC) - 185 Central Ave. Program registration with WIC nutritionists educating families concerning healthful topics each month. Call for information on topics or how to apply for "WIC" at 973-395-8960.

The **AARP Driver Safety Program** is now available in East Orange. Learn defensive driving techniques, new traffic laws and "rules of the road". Insurance discount may be applicable after course completion. To register call 973-266-5429 or email Karen.LaRussa@eastorange-nj.gov

Food Manager's Certification Class-The Environmental division holds this class at 143 New street 2nd floor conference room. Date of the next class to be announced. Call for information or registration: 973-266-5109.

The **Division of Employment and Training** is now located on the second floor of the East Orange Senior Services Building at 90 Halsted St. 973-677-8914

Please call/email if any questions/comments...!!

Submitted: September 29, 2015 4:40 pm

K. Johnson-LaRussa RN,BS,MA
Health Education

973-266-5429 or Karen.LaRussa@eastorange-nj.gov

