



**The Wyckoff Township Committee**, from the left, Rudolf E. Boonstra, Brian D. Scanlan, Kevin J. Rooney, John A. Carolan, and Thomas J. Madigan.

## A Message from the Wyckoff Township Committee

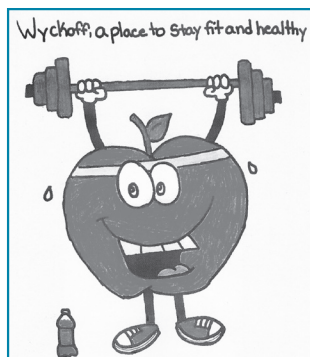
**W**e are very pleased to bring you the latest edition of Wyckoff's award-winning municipal calendar, this year focusing on the Mayor's Wellness Campaign, which the Township started participating in last spring.

The calendar offers a wide array of useful information that can improve the health and wellness of all segments of the population. From tips on maintaining a healthy diet to articles detailing the benefits of regular exercise, we have attempted to address the myriad aspects of wellness, including the Township's participation in the Stigma-Free effort, which strives to promote a better understanding of the disease of mental illness.

The calendar also highlights many of the community-wide events that have been sponsored by the Mayor's Wellness campaign. Among those events was a logo design contest held in Township elementary schools. The winning design, by Jane Yegorova, can be seen on the cover, while semi-finalists' designs are featured throughout the calendar.

As always, we would like to extend our sincere gratitude to the local businesses whose advertising support makes this calendar possible.

We wish you happy holidays and a very healthy new year!



Savannah Ring, grade 5, Lincoln

## Vegetative Waste Pickups Set

**V**egetative waste will be collected on an every other week basis on Thursdays for Districts 2, 3, 6 and 7; and Fridays for Districts 1, 4, 5, and 8 beginning May 5 and 6 and continuing through October 20 and 21.

Please note that the term "vegetative waste" refers to the following: small twigs and branches (no larger than three inches in diameter), garden debris, cuttings/clippings from shubbery, plant material, and mulch. Vegetative waste does not include grass clippings, leaves, firewood, logs, rocks, building materials or root balls. Grass clippings can be brought to the Recycling/Conservation Center at 476 West Main Street.

**Vegetative waste must be placed in open containers.** Vegetative waste placed in plastic bags will not be collected. Landscaping barrels may not be used because their large size makes them difficult to handle.

**Please remember that grass and/or leaves will not be collected.**

**Thank you for recycling!**

The National Institute of Mental Health reports that 1 in 4 adults experience mental illness in a given year. The stigma associated with the disease of mental illness is the main reason people fail to seek the help they need. Stigma-Free Zones aim to inspire public interest and raise awareness of the disease of mental illness and create a culture wherein residents who have the disease feel supported by their community and feel free to seek treatment without the fear of stigma. This effort is a keystone of the Mayor's Wellness Campaign.

**Wyckoff  
is a  
Stigma-Free  
Zone**

Sources for information in this calendar include the Centers for Disease Control and Prevention, the National Sleep Foundation, NPR, Health.com, the Bergen County Division of Mental Health Services, shapeup.org, and the West Bergen Mental Health Center.

## Warning Signs of a Heart Attack

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn about the warning signs of heart attack in women.

Learn the signs, but remember this: Even if you’re not sure it’s a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Call 9-1-1 or your emergency response number.

## Healthy Habits Can Prevent Strokes

As the number three cause of death in the US, strokes are caused by blockages of blood and oxygen that go to the brain. The more common signs of stroke can include sudden confusion, slurring of speech, paralysis of an arm or leg, visual or memory problems, dizziness, balance and coordination problems.

There are a number of “healthy habits” you can acquire to decrease your chances of stroke, including maintaining proper

blood pressure, stopping cigarette smoking, controlling diabetes, maintaining normal cholesterol levels, controlling weight gain, and including some exercise in your daily routine.

Should someone begin to experience symptoms of a stroke, call 911 immediately for emergency help. If possible, note the time the stroke started so medical help can determine the appropriate course of action. Remember that every minute counts.

## February is National Heart Awareness Month

February is when we celebrate National Heart Awareness Month which helps raise attention to heart disease.

According to The American Heart Association, heart disease is the leading cause of death for men and women in the United States. Every year 1 in 4 deaths is caused by heart disease. The most common type of heart disease is coronary heart disease, which often appears as a heart attack.

High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease.

The good news is that heart disease can often be prevented when people make healthy choices and manage their health conditions. These are some healthy choices you can make in your daily lives:

- Select fat-free, 1% fat and low-fat dairy products
- Use spices to season food, not salt
- Choose heart-healthy fats over saturated fats and trans fats
- Cut back on beverages and foods with added sugars
- Purchase and consume foods lower in sodium/salt

■ Limit foods that are high in dietary cholesterol. Try to eat less than 300 mg of cholesterol each day.

■ Choose more whole grains, legumes, fresh produce and low fat dairy products

■ Choose lean meat and poultry

■ Include fish in your regular diet

■ Lose weight if you are overweight

■ Watch your portion control at all meals

■ Become physically active for 30 to 60 minutes a day

■ Manage stress

■ Control your cholesterol and blood pressure

■ Stop smoking

■ Drink alcohol in moderation

Be especially good to your heart this month and make some positive changes for a healthier you



Emily Cerchio, grade 5, Coolidge

# Healthy Tips for 2016

## Dedicate yourself to a healthy lifestyle with these simple food and nutrition tips

### Eat Breakfast

There's no better way to start your morning than with a healthy breakfast. Include lean protein, whole grains, fruits and vegetables. Try oatmeal cooked with low-fat milk, sliced almonds and berries, or top a toasted waffle with low-fat yogurt and fruit.

### Make Half Your Plate Fruits & Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.

### Watch Portion Sizes

Do you know if you're eating the proper portion sizes? Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans.

### Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals. Whenever possible, make your snacks "combination snacks." Choose from two or more of the following

## NATIONAL

NUTRITION MONTH

# MARCH



food groups: whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts. Try low-fat yogurt with fruit, or a small portion of nuts with an apple or banana.

### Dine Out without Ditching Your Goals

You can dine at a restaurant *and* stick to your healthy eating plan. The key is to plan ahead, ask questions and choose food carefully. Think about nutritious items you can add to your plate – fruits, veggies, lean meat, poultry or fish – and look for grilled, baked, broiled or steamed items.

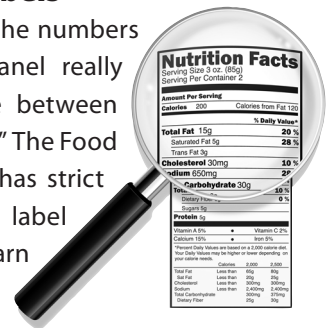
### Consult an RD

Whether you want to lose weight, lower your cholesterol

or simply eat better, consult the experts. Registered dietitians can help you by providing sound, easy-to-follow personalized nutrition advice and put you on the path to losing weight, eating well and reducing your risk of chronic disease.

### Get to Know Food Labels

Ever wonder about what the numbers in the Nutrition Facts panel really mean? Or, the difference between "reduced fat" and "low fat?" The Food and Drug Administration has strict guidelines on how food label terms can be used. To learn more about food labels go to [www.eatright.org](http://www.eatright.org).



### Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting fruits, vegetables or whole grains that are new to you and your family. Try different versions of familiar foods like blue potatoes or basmati rice.

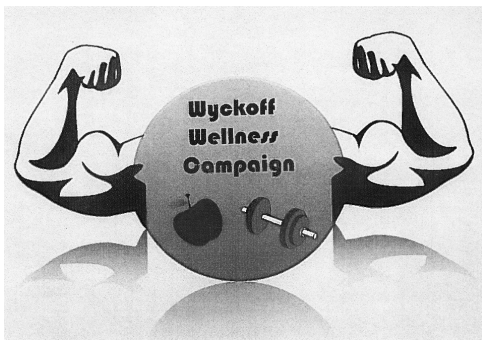
## Snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons parmesan cheese
- Six baby carrots, 10 sugar snap

peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping.

- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Fruit smoothie: blend 1 cup fat-free milk, 1/2 cup frozen strawberries and 1/2 banana

- One 6-inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa
- Two cups mixed greens with 1/2 cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing.
- Six whole-wheat crackers and one slice low-fat Colby cheese



Daniella Caso, grade 4, Washington



# Increasing Awareness About the Common Characteristics of Autism

**W**hile no two people with autism will have the same set of symptoms, there are common characteristics found in those with this complex disability. Briefly, these characteristics include:

**Social Skills** – People with autism have problems interacting with others; autistic children do not have adequate playing and speaking skills. Mild symptoms on one end of the spectrum may be displayed through clumsy behavior, being out of sync with those around them, and inappropriate or offensive comments being made. At the other end of the spectrum, an autistic person may not be interested in others.

**Empathy** – Empathy is the ability to recognize and understand the feelings of another person. People with autism find it harder to show empathy to others although they can be taught to acknowledge others' feelings.

**Physical Contact** – In some cases, autistic people do not like physical contact such as hugs, tickling or physical play with others.

**Sudden Changes to Their Environment** – A sudden change in the surrounding environment may affect a person with autism. That could be a loud noise, a change in intensity of lighting, or even a change in smell.

**Speech** – Speech can be affected in

people with autism. Echolalia is a typical speech symptom in which the person repeats words and phrases that they hear. The speech tone of an autistic person may be monotonous. Where symptoms are more extreme the person may not speak.

**Changes to Behavior and Routine** – People with autism often display repetitive behavior in which they repeat

## April is National AUTISM Awareness Month

the same action many times over. For example, a person with autism may repeatedly pace around a room in a certain direction. Any change to their behavior or routine can be unsettling for them.

### Autism is Widespread, Awareness About This Condition is Not

In the United States, autism affects one in every 110 children. National Autism Awareness Month aims to make the public more aware about this disability and the issues which arise in the autism community. As about one in 150 people in America have autism, chances are that you know someone with this disability. A better informed public will

be more empathetic and supportive towards people with autism.

### Being a Friend to Someone With Autism

Understanding autism starts at a young age, and there is no better place to start than the classroom. Understanding autism and how to interact with people with autism comes from being exposed to them, and being taught how to treat and talk to someone with autism. Children naturally want to be helpful. Give them that opportunity by encouraging them to be a buddy to someone with autism. It is up to teachers and parents to teach children about differences, acceptance, and understanding.

Here are a few ways to be a friend:

- Play games they like to play.
- Talk to them like you would any other kid
- Give them a high five when you're having fun.
- Sit next to them in the lunchroom.
- Visit them at their house and invite them to your house.
- Be a buddy to them on the playground.
- Walk with them to the next class.
- Defend them against bullies.
- Support them with kindness and understanding.

## Sitting Poses Real Risks to Health

**T**oo much sitting is hazardous to your health, even if you exercise. Researchers from the University of Toronto reviewed 47 studies and found that people who sat too much had a higher risk of diabetes, heart disease, cancer and early death. The health risks were greater in adults who did little or no exercise, but even regular exercise didn't erase the harm from sitting for up to half the day. The more you sit, the greater the risk of dying prematurely from heart disease. And the more difficult it is to manage your weight.

Daily physical activity is good for your health, but it's not just what's done in the 30 minutes or one hour of exercise that matters, it's also the movement that's done throughout the day, like carrying groceries or getting the mail. These everyday activities get you up and moving and can also benefit your weight.



Cara Woo, grade 4, Lincoln



# Know Your Numbers

**A**re you at risk for diabetes, heart disease and other chronic diseases? And how do you know? Thankfully there is a system of “numbers” we can use to tell us how we compare to the healthy state. By knowing your numbers, you can take action to make positive changes that will help prevent the onset of chronic health conditions. Some of the numbers that are important for you to know are:

**Blood Pressure** – This is one of the strongest markers for heart disease risk. It is measured as two numbers. Systolic pressure is the first number and is the pressure when the heart is contracting. Diastolic is the second number and is the pressure when the heart is at rest between beats. Normal blood pressure is 120 / 80 or below.

**Cholesterol Levels** – Too much bad cholesterol can lead to hardening of your arteries. This can put you at risk for a heart attack or stroke. When it comes to cholesterol, there are two important numbers you should know. LDL, is the bad cholesterol, and should be below 130 mg/

dL, and lower is better. HDL, is good cholesterol, and should be above 40 mg/dL. Your total cholesterol (TC) level should be below 200 mg/dL.

**Blood Sugar** – A blood sugar test is commonly used to diagnose the presence of diabetes. A fasting blood sugar (taken when you haven’t eaten for 12 hours) should be below 100 mg/dL.

**Body Mass Index (BMI)** – This is calculated from two other num-

bers that you probably know – your weight and height. Your BMI will be one way to gauge if you are classified as being overweight. However, it is not a perfect measure. In people with above normal muscle mass, like bodybuilders, the BMI may indicate the individual is overweight when they are in great condition. For most of us, however, BMI is a great way to gauge how our weight compares to recommended levels. Normal BMI is below 25.

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Can you really walk your way to fitness? You bet! Get started today.

## Know the benefits

Physical activity doesn’t need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

## Consider your technique

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here’s how you’ll look when you’re walking:

- Your head is up. You’re looking forward, not at the ground.
- Your neck, shoulders and back are relaxed.
- You’re swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You’re walking smoothly, rolling your

foot from heel to toe.

## Plan your routine

As you start your walking routine, remember to:

**Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it’s dark, wear bright colors or reflective tape for visibility.

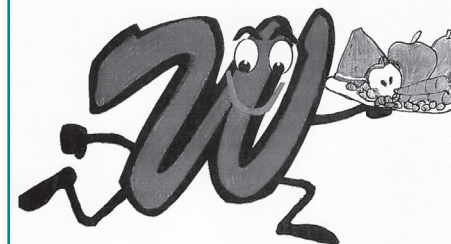
**Choose your course carefully.** If you’ll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.

**Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.

**Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.

**Stretch.** After you cool down, gently stretch your muscles. If you stretch before you walk, remember to warm up first.

## Living Well in Wyckoff



James Pappas, grade 4, Lincoln

**Got a late-night sugar craving that just won’t quit?** To satisfy your sweet tooth without pushing yourself over the calorie edge, think “fruit first.” So resist that chocolate cake, and instead enjoy a sliced apple with a tablespoon of nut butter (like peanut or almond) or fresh fig halves spread with ricotta.

# Home Safety: An Important Concern for Older Adults

Each year, thousands of older Americans fall at home. Many of them are seriously injured and some are disabled.

Falls are often due to hazards that are easy to overlook but easy to fix. To help prevent falls at home:

- Always wear non-slip shoes, even inside your home. Don't walk barefoot or in slippers or socks.
- Use bright lights throughout your home, especially on the stairs.
- Have railings put on both sides of all stairs on the inside and outside of your home.
- Keep stairs and places you walk clear of clutter. Pick up things you can trip over, like papers, shoes, or books.
- Remove small area rugs; or use double-sided tape to keep rugs from slipping.

■ Keep kitchen items that you use frequently in easy-to-reach cabinets.

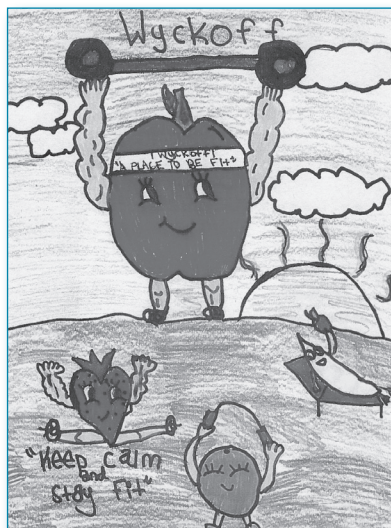
■ Have grab bars installed inside and outside your bathtub or shower and next to your toilet.

■ Use non-slip mats in the bathtub or shower.

■ Stand up slowly after eating, lying down, or sitting.

Many falls can be prevented. Here are some health and wellness tips to lower your risk of falling:

- Get active. Staying active can help you feel better, improve your balance, and make your legs stronger.
- Take all of your medicines – including over-the-counter medicines – to a doctor or pharmacist and ask if any of them could increase your risk of falling.
- Get your vision checked. Your vision changes as you get older. Poor vision can increase your chances of falling.
- Get a bone density test. If you are a woman age 65 or older, get a bone density test to measure how strong your bones are.
- Get enough calcium and vitamin D, which can help keep your bones strong and less likely to break.
- Get plenty of sleep. Getting enough sleep can help you make good decisions and avoid injuries.
- Drink alcohol only in moderation. It can help you stay safe and avoid injuries.



Arianna Kearney, grade 4, Lincoln

## Logo Contest Winner

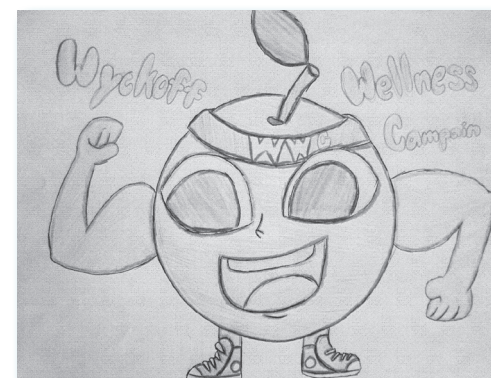


**Jane Yegorova**, a fifth-grader at Lincoln School, designed the winning logo for the Mayor's Wellness Campaign. At the June 16, 2015 Township Committee meeting, she received a framed letter from the Mayor and a \$100 gift certificate from the Wyckoff Chamber of Commerce. Jane is pictured with her parents, members of the Township Committee, and members of the Mayor's Wellness and Stigma-Free campaigns.

## Rules of the Road: Bike Safety Tips

- Get acquainted with traffic rules; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic, and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes

- A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended
- Always wear a properly fitted helmet when bicycling. Cyclists who wear a helmet reduce their risk of injury by 85 percent.



Kimberly Fayorsey, Grade 5, Coolidge



## Everybody in the Pool

# The Health Benefits of Swimming

Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease. Swimmers have about half the risk of death compared with inactive people. People report enjoying water-based exercise more than exercising on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain.

### Water-based Exercise and Chronic Illness

Water-based exercise can help people with chronic diseases. For people with arthritis, it improves use of affected joints without worsening symptoms. People with rheumatoid arthritis have more health improvements after participating in hydrotherapy than with other activities. Water-based exercise also improves the use of affected joints and decreases pain from osteoarthritis.

### Water-based Exercise and Mental Health

Water-based exercise improves mental health. Swimming can improve mood in both men and women. For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood. Water-based exercise can improve the health of mothers and their unborn children and has a positive effect on the mother's mental health. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.

### Water-based Exercise and Older Adults

Water-based exercise can benefit older adults by improving the quality of life and decreasing disability. It also improves or maintains the bone health of post-menopausal women.



Colin Choy, grade 5, Sicomac

## Support for Stigma-Free

The Wyckoff Municipal Alliance last year received a generous donation from the Christian Health Care Center to support its Stigma-Free efforts in the Township. Pictured from the left are CHCC CEO Doug Struyk, Cathy Pilone RN, Municipal Alliance Chairperson Wendy Coffey, and Wyckoff Mayor Kevin J. Rooney.

Christian Health Care Center



# Summer Health and Wellness Tips

## Sun Protection

- Avoid sun exposure during peak sun hours (10 am – 2 pm).
- Wear protective clothing and a wide brimmed hat and sunglasses.
- Sunscreen is a must (on sunny and cloudy days)! Look for products with UVA and UVB protection and an SPF of at least 15.
- Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or toweling off.

## Dehydration and Heat-Related Illnesses

- Keeping well hydrated is very important.
- Children and adults must remember to drink water.
- Do not wait until a child says he is thirsty before offering fluids. At this point, he is already dehydrated, so be sure to provide plenty of

fluids before going outside, while out in the heat and afterwards.

- Playing in the summer heat means lots of fluid loss, so avoid strenuous activity during peak sun hours. Look for shade. Take lots of breaks.
- Seek medical attention immediately for any signs of heat-related illness.

## Tick Bites

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family.

Some suggestions include: protective clothing (long sleeves, long pants, tucking pants into socks); tick/bug repellent; insect repellent for pets; staying in the center of paths, keeping away from overgrown areas and not sitting directly on the ground; performing tick checks on all family members whenever you have been outdoors.



# How Vaccines Prevent Diseases

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.



When germs, such as bacteria or viruses, invade the body they attack and multiply. This invasion is called an infection, and the infection is what causes

illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

## Immunization Facts

■ Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life.

■ If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.

■ Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or those who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine.

■ Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

# Tips for Getting Kids on the Path to Health and Wellness

## Don't tell them to clean their plate

You want your child to finish eating when he/she's full, not when he/she's finished every morsel in front of him/her. Research suggests that kids who are told to eat everything on their plates may be more likely to request larger portions of food when they're away from home.

## Make exercise fun

As adults, we often equate exercise with the gym. But kids? They just need to get moving for about an hour a day. So kick a soccer ball in the backyard, take a family walk, or go for a hike with your kids.

## Expose them to different foods, but be patient

And start early, if possible; research

shows that kids' food preferences don't change much from ages 2 or 3 to age 8. If you're introducing a food like broccoli into your child's diet, go easy at first.

## Stash the cell phones for the night

Easier said than done, we know. But the truth is, tweens and teens who keep their phones by their bedside might have more difficulty falling asleep.

## Don't make it all about calories

The goal is to boost your children's health (emphasis on the health), so talk to them about how certain foods are better at giving you energy or are good for your body. By focusing on the positives, your kids will develop an appreciation for produce or whole grains – not

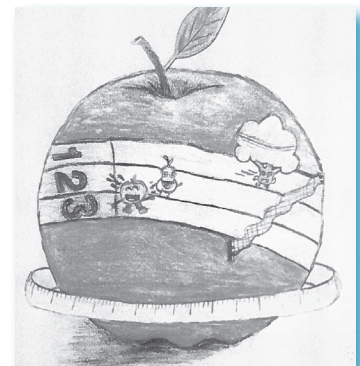
just a fear of sugar.

## Don't reward good behavior with candy

It's not just because you're giving kids extra calories – it's because using sweet foods as a reward can reinforce children's preferences for these types of treats.

## Get the whole family involved

Whether you're gathering the extended family for a backyard volleyball game or a day at the lake, making events group activities can boost the fun.



Nathan Park, grade 5, Coolidge

**September is**

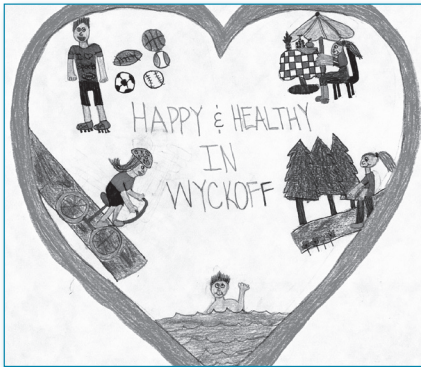
# NATIONAL SUICIDE PREVENTION MONTH

## In an Emergency, Contact:

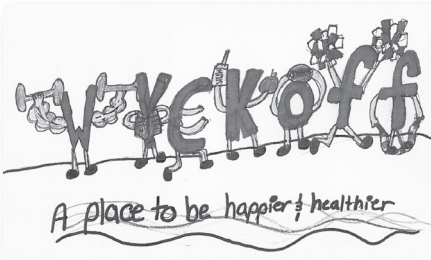
- Suicide Prevention Hotline: 1-800-273-TALK (8255)
- Psychiatric hospital walk-in clinic
- Hospital emergency room
- Urgent care center/clinic
- Call 911

## How Can a Mental Health Professional Help?

- If you feel unhappy, depressed, anxious, fearful, moody, or in need of emotional help, a mental health professional can help you to understand your problems and to feel better.
- They have specialized training to identify and understand problems that may be causing you discomfort or putting you at risk.
- They also have specialized training in helping people with a variety of mental disorders.



Juli Robayo, grade 5, Lincoln



Katie Muhleisen, grade 4, Lincoln

tive, independent viewpoint.

- They can help you connect with other professionals and specialists, if needed.

## How Can Someone Find a Mental Health Professional?

- Ask your family or primary care doctor, pediatrician, or ob-gyn physician for a referral.
- Students who are in school and their families can talk to a guidance counselor.
- Those in a college or university can contact the student Counseling Center or Health Center.

## Bergen County Offers a Host of Services

Go to [www.bergenhealth.org](http://www.bergenhealth.org) for information about all the services offered by the Bergen County Division of Mental Health, which are provided regardless of your ability to pay. The agency maintains a 24/7 crisis hotline – 201-262-HELP (4357) – if you or a family member are experiencing the signs or symptoms of a mental illness.

The Division of Mental Health also supports West Bergen Mental Healthcare, which offers programs on anger management, anxiety disorders, depression intervention, Asperger's treatment, substance abuse treatment and more. You can get more information by going to [westbergen.org](http://westbergen.org) or by calling 201-444-3550.

- If you need it, they can prescribe medicine, or can connect you with someone who can determine whether you need medication.
- They are trained to offer an objec-

## Wyckoff Declared as Stigma-Free Zone

Recognizing that the stigma associated with the disease of mental illness is identified as the primary reason people fail to seek the help they need to recover, the Township Committee last year passed a resolution designating Wyckoff as a Stigma-Free Zone. Stigma-Free Zones aim to inspire public interest and open dialogue about stigma, raise awareness of the disease of mental illness, and create a supportive culture for those suffering from mental illness.

## Suicide Warning Signs

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

### Talk

If a person talks about:

- Killing themselves.
- Having no reason to live.
- Being a burden to others.
- Feeling trapped.
- Unbearable pain.

### Behavior

A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change.

- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Acting recklessly.
- Withdrawing from activities.
- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.

### Mood

People who are considering suicide often display one or more of the following moods.

- Depression.
- Loss of interest.
- Rage.
- Irritability.
- Humiliation.
- Anxiety.





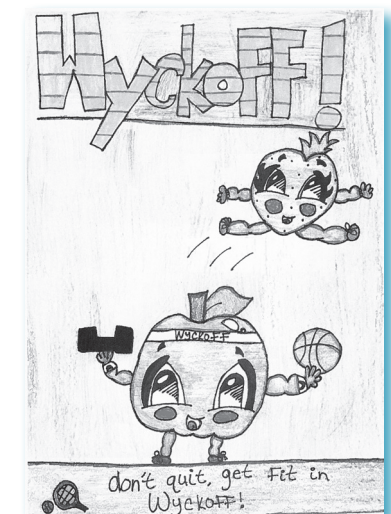
Wyckoff's largest health event is the annual Health Fair and 5K Run, sponsored by the Wyckoff Education Foundation (WEF), the Wyckoff Board of Health and the Mayor's Wellness Campaign. In addition to the popular WEF 5K Fun Run, the event offered information about a host of wellness opportunities in the community, including on-site flu vaccines and blood pressure testing.



## October is Nat'l Breast Cancer Awareness Month

Despite an increase in mammography rates and a decline in deaths, there is more that can be done to increase awareness about this disease. After all, the National Cancer Institute estimates that in the United States more than 231,000 (female) and 2,000 (male) new cases of breast cancer will be diagnosed and over 40,000 will die.

Unfortunately, too many women do not utilize mammography at regular intervals even though research indicates it is the best available method of cancer detection. The American Cancer Society continues to advise women to get an annual mammogram once they reach age 40.



Morgan Panebianco, grade 4, Lincoln

Health Fair & 5K Fun Run Bring Out All Ages



November is

## American Diabetes Month

**D**iabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight. If you are younger than 45, but are overweight and have one or more additional risk factors, you should consider getting tested.

### Additional risk factors include:

- Being overweight or obese.
- Having a parent, brother, or sister with diabetes.
- Being African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.
- Having a prior history of gestational diabetes or birth of at least

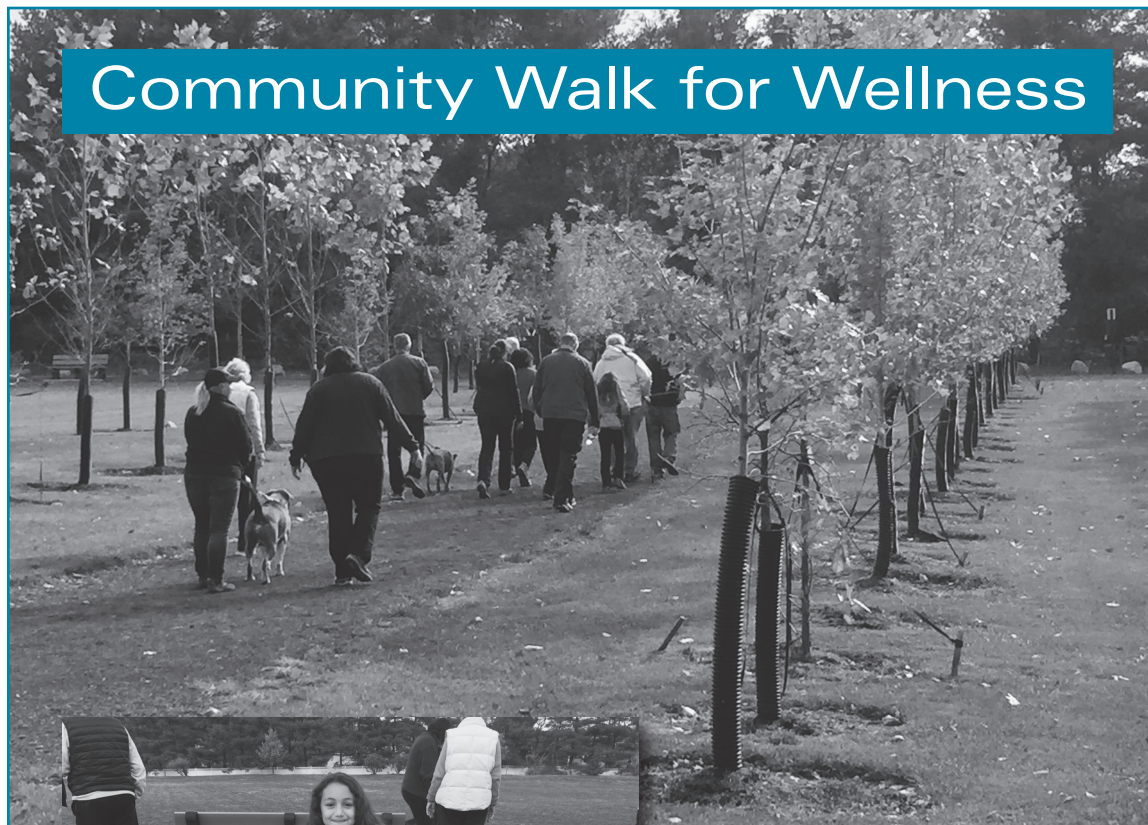
one baby weighing more than nine pounds.

- Having high blood pressure measuring 140/90 or higher.
- Having abnormal cholesterol with HDL ("good") cholesterol which is 35 or lower, or a triglyceride level which is 250 or higher.
- Being physically inactive—exercising fewer than three times a week.



McKenna Lont, grade 5, Lincoln

## Community Walk for Wellness



A highlight of the inaugural Mayor's Wellness Campaign in Wyckoff was a November Walk at Russell Farms Community Park.



## Follow Us on Facebook

Go to "Wyckoff – Mayor's Wellness Campaign" for news about all the health and wellness events planned for the community, as well as links to timely information that can help you improve your health and well-being. The content is updated regularly, so check back on a regular basis.

# Don't Overlook the Health Benefits Of Getting A Good Night's Sleep

## Improve memory

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or “practice” skills learned while you were awake (it’s a process called consolidation). In other words if you’re trying to learn something new – whether it’s Spanish or a new tennis swing – you’ll perform better after sleeping.

## Live longer?

Too much or too little sleep is associated with a shorter lifespan – although it’s not clear if it’s a cause or effect. (Illnesses may affect sleep patterns too.) In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night.

## Curb inflammation

Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep – six or fewer hours a night – have higher blood levels of inflammatory proteins than those who get more. A 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got

six or fewer hours of sleep a night.

## Spur creativity

Get a good night’s sleep before getting out the easel and paintbrushes or the pen and paper. Researchers at Harvard University and Boston College found that people seem to strengthen the emotional components of a memory during sleep, which may help spur the creative process.

## Improve your grades

Children between the ages of 10 and 16 who have sleep disorder breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and learning, according to a 2010 study in the journal *Sleep*. This could lead to “significant functional impairment at school,” the study authors wrote. In another study, college students who didn’t get enough sleep had worse grades than those who did.



## Sharpen attention

A 2009 study in the medical journal *Pediatrics* found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.

## Have a healthy weight

If you are thinking about going on a diet, you might want to plan an earlier bedtime too. Researchers at the University of Chicago found that dieters who were well rested lost more fat – 56% of their weight loss – than those who were sleep deprived, who lost more muscle mass.

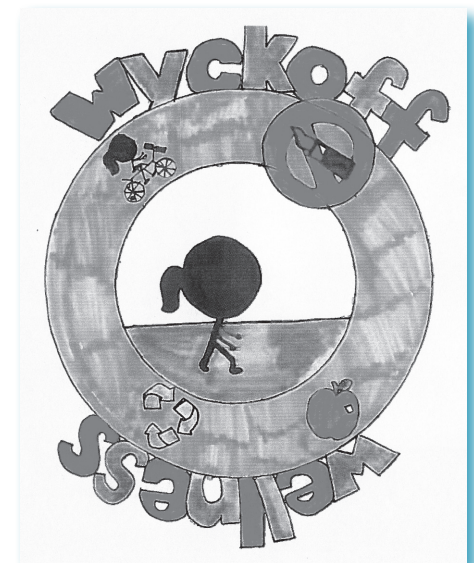
## Avoid accidents

The National Highway Traffic Safety Administration reported in 2009 that being tired accounted for the highest number of fatal single-car run-off-the-road crashes due to the driver’s performance—even more than alcohol! Sleeplessness is un-

derrated as a problem by most people, but the cost to society is enormous. Sleeplessness affects reaction time and decision making. Insufficient sleep for just one night can be as detrimental to your driving ability as having an alcoholic drink.

## Recommended Sleep Times

Infants (4-11 months) – 12-15 hours  
Toddlers (1-2 years) – 11-14 hours  
Preschoolers (3-5) – 10-13 hours  
School age (6-13) – 9-11 hours  
Teenagers (14-17) – 8-10 hours  
Younger adults (18-25) – 7-9 hours  
Adults (26-64) – 7-9 hours  
Older adults (65+) – 7-8 hours



Julia Brickman, grade 4, Sicomac



Devin Poppe, grade 4, Coolidge