

# Englewood: Healthy Town 2024

ENGLEWOOD  
HEALTH  
DEPARTMENT

Apr/May/Jun 2025



The New Jersey Quality Institute has recognized the City of Englewood as a 2024 “Healthy Town” through the Mayors Wellness Campaign.

This prestigious designation is awarded to municipalities that go above and beyond in promoting health and wellness through innovative programs including exercise, healthy eating, and mental health education. Englewood previously received this recognition in 2014 and was named a "Healthy Town to Watch" in 2023. “The City of Englewood advanced to a Healthy Town in 2024, strengthening community engagement through creatively branded programs like March into Early Detection, Summer Steppers, and Get Fit in the Fall. The Englewood Family Wellness Weekend was a standout event, bringing together over 80 organizations to provide health screenings, fitness activities, and resources addressing food insecurity, social isolation, and health care access. Led by the Health Department, the MWC collaborated with local groups to ensure inclusive outreach, offering bilingual materials and free wellness programs.” Our city’s Health Educator, Julie Green, received an Honorable Mention for the Mayors Wellness Campaign Champion of Health in recognition of her dedication to improving community well-being.

“Englewood is so proud to receive the Healthy Town Award acknowledging the hard work of our Residents and our Health Department professionals,” said Mayor Michael Wildes.

---

# National Autism Awareness Month

April is National Autism Awareness Month,

a time dedicated to increasing awareness and understanding of autism spectrum disorder (ASD).

Autism affects 1 in 36 children in the United States, impacting social interactions, communication, and behavior. Although the exact cause of autism is not fully understood, early diagnosis and intervention can significantly improve outcomes for individuals with ASD. The goal of National Autism Awareness Month is to promote acceptance and provide support for individuals with autism and their families.

Supporting those with autism involves understanding the challenges they face and offering resources for growth and development. There is no known way to prevent autism, but early intervention programs that include therapies like speech, occupational, and behavioral therapy can help children develop essential skills. By raising awareness, we can create a more inclusive and supportive environment for individuals on the autism spectrum.



## Tips for Supporting Autism Awareness

### Educate Yourself and Others

- Share and learn about autism to break myths and misconceptions.

**Be Understanding** - Be patient and compassionate when interacting with individuals on the spectrum.

**Advocate for Early Intervention** - Encourage parents to seek developmental screenings and support organizations that provide resources.



## AWARENESS

- Most obvious signs of autism appear between two and three years old.
- Children may fail to respond to their name or have a reduced interest in people.
- Around one third of people with autism stay nonverbal their whole life.
- Seizures, ADHD, and anxiety frequently accompany autism.



## ACTION

- Developmental delay screenings should occur at nine months.
- Autism Spectrum Disorder screenings should be at 18 months.
- Child psychologists and neurologists can help detect autism in your child.

## INCLUSION & ACCEPTANCE

- Children with Autism don't get the same sense of inclusion in schools as other children, making them feel excluded and alienated.
- Adults with autism often have trouble getting a job.
- Social inclusion is having access to education, health care, and services.
- The Convention on the Rights of Persons with Disabilities states those with autism have the right to be included in their community.





# Spring into Wellness

...with our FREE annual wellness challenge! [Register here!](#)



Englewood Health Department and  
Parks & Rec present the annual



## SPRING INTO WELLNESS CHALLENGE



May 6- June 12, 2025

Tuesday mornings: 10 am  
Thursday evenings: 5:30 pm

Mackay Park (Outside John T. Wright Arena)

Group exercise with a Personal Trainer, blood pressure readings,  
& more!

Connections



FOR MORE INFORMATION CONTACT JULIE

201-568-3450 X508 | [HEALTHED@ENGLEWOODNJHEALTH.ORG](mailto:HEALTHED@ENGLEWOODNJHEALTH.ORG)

**GYMGUYZ**  
#1 IN HOME PERSONAL TRAINING\*



MAYORS WELLNESS CAMPAIGN,  
ENGLEWOOD HEALTH | SHIRVAN FAMILY  
LIVE WELL CENTER

exclusive activities,  
raffles & prizes!

REGISTER  
NOW



Don't forget to tag  
#EnglewoodWellnessChallenge  
in your social media posts!





# MEASLES



Measles is a very contagious (easily spread) respiratory disease caused by a virus. Before the measles vaccine became available, measles was a common childhood disease. Measles is considered the most deadly of all childhood rash/fever illnesses.

## Signs & Symptoms

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Rash (usually appears 3-5 days after symptoms begin), may appear on face, neck, arms, legs
- Symptoms often appear 7-14 days after contact with virus, in cases they can appear as late as 21 days

## Who it affects ?

Measles can be serious in all age groups. Those at higher risk include:

- Children younger than 5 years of age
- Adults older than 20 years of age
- Pregnant women
- People with weakened immune systems, such as from leukemia or HIV infection



## How can I protect myself and others ?

- ~~Measles is vaccine-preventable:~~ Protects against measles, mumps, and rubella.
- MMR vaccine schedule: Two doses—12 months, 4-6 years.
- MMRV vaccine option: Includes chickenpox for children 12 months-12 years.
- Consult healthcare provider: Choose the best vaccine option.

## Facts & More Information

- No cure for measles
- People born before 1957 are 95% to 98% immune to measles
- Measles can spread 4 days before rash starts through 4 days after, if you believe you are ill with measles, contact medical facility before arriving

- 
- Your health care provider
  - Your local health department [localhealth.nj.gov](http://localhealth.nj.gov)
  - NJ Department of Health [nj.gov/health/](http://nj.gov/health/)
  - Centers for Disease Control & Prevention [cdc.gov/vaccines/vpd/measles/index.html](http://cdc.gov/vaccines/vpd/measles/index.html)





JOIN US TODAY !!



FEMA

## WHAT IS CERT ?

**Join your local CERT** In 1985, the Los Angeles Fire Department developed CERT to train community members in disaster survival and rescue skills, empowering individuals to help their neighbors in emergencies.

### WHY SHOULD YOU JOIN ?

Be Prepared

- Learn essential life-saving skills
- **Support First Responders** during disasters
- **Help your community** when it's needed most

### WHAT WILL YOU LEARN ?

- Emergency Preparedness
- Fire Suppression
- Disaster Medical Operations
- Search & Rescue Skills
- Disaster Psychology & More

## TRAINING DETAILS

**FREE TRAINING:** 20 hours of instruction (in 2-4 hour sessions)  
**Materials & Equipment** provided at no cost.

## GET INVOLVED : CONTACT

Aisha Osmani, Public Health Investigator

☎ 201-568-3450 ext. 517

✉ Email:

[aosmann@englewoodnjhealth.org](mailto:aosmann@englewoodnjhealth.org)

Priscilla Lewis, Sr. REHS Environmental Unit Supervisor

☎ 201-568-3450 ext. 510

✉ Email:

[plewis@englewoodnjhealth.org](mailto:plewis@englewoodnjhealth.org)

Take a stand against teen smoking! Join our TASE program today to enforce tobacco age of sale laws!

**TOBACCO AGE OF  
SALE  
ENFORCEMENT**

**BE A PART OF  
TAKING A  
STAND AGAINST  
TEEN SMOKING**

**JOIN OUR TASE  
PROGRAM TODAY TO  
ENFORCE TOBACCO  
AGE LAWS!**

**ATTENTION  
PLEASE**

**HIRING  
STUDENTS NOW  
- AGES 16-20  
(201)568-3450  
EXT. 510/517**

PROMOTE • PREVENT • PROTECT  
ENGLEWOOD  
HEALTH DEPARTMENT

---

Splashing ahead to Summer...  
Be on the lookout for our FREE Water Wellness: Aqua Aerobics  
program at Mackay Pool!

Englewood Health Department and Parks & Rec present:



# WATER WELLNESS

*Aqua Aerobics*



TUESDAY MORNINGS 11 AM - 12 PM  
THURSDAY EVENINGS 7-8 PM  
JULY 1 - AUGUST 21, 2025  
MACKAY POOL

*Adults only*

Scan to register or contact:  
Julie Green, BS, CHES - Health Educator  
(201) 568-3450 x508  
[healthed@englewoodnjhealth.org](mailto:healthed@englewoodnjhealth.org)





Connections  
a project of  
The Community Chest  
and the communities it serves

ENGLEWOOD  
HEALTH  
SHIRVAN FAMILY  
LIVE WELL CENTER





### Staff Spotlight: Laura Pabon

In this edition of our newsletter, we are proud to highlight Laura Pabon, our Alternate Deputy Registrar and Deputy License Clerk. For over three years, Laura has been an invaluable member of our team, consistently demonstrating her dedication to both her work and the community she serves. Her positive attitude and tireless work ethic make her an inspiring figure, always going above and beyond to ensure everything runs smoothly.

Laura is not just a colleague, but a compassionate and caring individual who brings kindness to every interaction. Whether assisting the public with licensing inquiries or supporting her team behind the scenes, her commitment to excellence and the well-being of those around her shines through. We are grateful for Laura's hard work, unwavering dedication, and the positive impact she continues to make in our community every day.

*Thank you for reading!*

ENGLEWOOD HEALTH DEPT	201-568-3450
<a href="http://www.cityofenglewood.org">www.cityofenglewood.org</a>	73 S. Van Brunt St. Englewood, NJ 07631