



The Health and Wellness Community of the Morris County Chamber of Commerce

Thrive Morris! Newsletter

SPRING Newsletter | Issue 5

Newsletter Editor: Mara Kimowitz, [StretchSource®](#) + [Pliability Stretch™](#)



May is Mental Health Awareness Month.

Thrive Morris!

is here to help reduce the stigma through online resources and guidance.

Discover Everything
Morris

Flourish
Prosper
Progress

Thrive Morris Leadership Message!



Photo by Christy Ward, [MC Ward Images](#)

May is Mental Health Awareness Month. It is a time to raise awareness of those

living with mental or behavioral health issues and to help reduce the stigma so many experience.

Team De-Stig, of our own *Thrive Morris* community, led by Jaime Pula, PhD, RDN and MaryEllen Zung BA, CRC, has been doing just that! Team De-Stig was formed in 2019 during the *Thrive Morris* Hands on Philanthropy program. In partnership with MHA Inspire, the Morris County Chamber of Commerce Team De-Stig committee has been delivering yellow picnic tables to spaces throughout Morris County to inspire optimism and connection, create a space for positive interaction, and serve as a visual marker for mental health awareness.

On behalf of the *Thrive Morris* Community I extend gratitude and praise for Team De-Stig for taking action and envisioning a nation where we can freely discuss our mental health, free from stigma.

On June 3rd, 2023 MHA Inspire and Team De-Stig will hold their first ribbon cutting of this year at Greenview Park, 9 Robert Place, Pequannock Township. Please cheer them on, and if you can, join them as they continue to shine the (bright yellow) light on mental health.

You may reach Jaime and Mary Ellen for more information at teamdestig4mentalhealth@gmail.com.

The ***Thrive Morris*** health and wellness blogsite has a page dedicated to mental health and emotional wellbeing that includes a guide for mental health resources in Morris County-

<https://www.thrivemorris.com/mental-health-matters-help-is-available/>

We encourage all to care for your mental health as part of your self-care regimen.

Yours in Health,

Laura O'Reilly-Stanzilis RN, MSM
MCCC Health and Wellness Chair

***Thrive Morris* Events!**

Please visit the MCC Events Calendar for events.

Visit www.thrivemorris.com for cutting edge information and opportunities for professional and personal well-being, improvement, and mastery and success through the many resources of Morris County.

***Thrive Morris* Hikes!**

The hike dates are the 3rd Saturday of the month.

The next hike is June 17, 8:30am at Hadden County Park - 124 Reservoir Ave, Randolph,

NJ

Led by Mary Ellen Zung and Dr. Billy Stetzel

For more information please contact
maryellen@outlook.com



Thrive Morris Eats!

Upcoming Dates

Wednesday, May 31, 2023 12:00 Noon
- 2:00 PM EST

The Great Greek Mediterranean Grill
182 Ridgedale Ave
Florham Park , NJ 07932

Advance registration required:
[Morris County Chamber of Commerce](#)

Hope you can join us!

If you have questions please contact
Nicole Barone
Nicole@NicoleBarone.com



Photo Credit [Olde Mill Inn](#)

*Reserve a seat at the
table*

Thrive Morris Gives!



Come join us for a day of beautifying outdoor space shared by **Family Promise of Morris County** and the **Interfaith Food Pantry** in Morris Plains!

June 16th, 9:00 am - 1:00 pm

We will be planting flowers, painting a fence, and sprucing up the grounds. We will also be working in the **Community Garden** at the same site!

If interested in joining us on this fun day, please reach out to Kathy@backtobasicwellness.com

1 in 5 adults in America experiences a mental illness*

50% of chronic mental illness begins by age 14*

*www.nami.org

Safely Get Rid of Unwanted or Expired Medicine

By Laura O'Reilly-Stanzilis RN, MSM



A few years ago while assisting my dad with his medication management, I came across multiple medications that were expired and no longer needed. I swear one may have been from the 1990's! He said he was saving them in case he ever needed them again. He gave me permission to clean out the medicine cabinet and dispose of the medications. (There is more on medication disposal below.)

Medications should only be used as directed and as prescribed. A prescription drug should be taken, reduced or increased, or discontinued only under the direction of a professional healthcare provider. You should not share prescription drugs with others, for whom the medication is not prescribed.

(To continue reading the full article [click here.](#))

What Is a Sensory Diet? (Hint: It Isn't About What You Eat)

By Kimberly Hurley, O.T., Alta Pediatrics

Introduction

Sensory diets are a hot topic these days when it comes to children's health and wellness. A sensory diet is essentially a set of activities and exercises that are designed to provide children with the sensory input that they need to function at their best. Just like a regular diet, a sensory diet is tailored to the individual needs of each child, based on their sensory profile and the sensory challenges they face.

(To learn more and full article [click here.](#))

Something for everyone!
Check out featured blogs by category

ENVIRONMENTAL

NUTRITION

FINANCIAL
WELLNESS

FITNESS

MENTAL AND EMOTIONAL
WELL-BEING

PHYSICAL
HEALTH

HUMAN
PERFORMANCE

HEALTHY AGING

Thrive Morris Recipe!



Electrolyte “Mocktail” Recipe

By Lois Manzella Marchitto

Ingredients:

1/4 tsp. sea salt.

1/4 cup pomegranate juice or unsweetened cranberry juice.

1/4 cup lemon juice or lime juice.

1 1/2 cups unsweetened coconut water.

2 cups cold water.

Additional options: honey or maple syrup, powdered magnesium and/or calcium,

depending on needs.

For Cooking Directions [click here](#)

Lois is the owner of Fitness Knocking LLC.

We invite members from across the Chamber to stop by on Zoom on the 3rd Wednesday of each month for dynamic presentations and stimulating dialogue. Remember to register in advance on the Chamber Events Page.

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