



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

Thrive Morris! Newsletter

SUMMER Newsletter | Issue 6

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



Did you know July 24th is International Self-Care Day?

Thrive Morris!
is here to help you find ways
to feel, look and perform
better.

Discover Everything
Morris

Flourish
Prosper
Progress 

Thrive Morris Leadership Message!



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

If you have wondered what the Health and Wellness Forum is all about please come to our monthly virtual meetings, and regular events and read our blogs on thrivemorris.com. Thrive Morris is a great resource to help you live your best life, stay fit and healthy, and create positive lifestyle habits and practices- while making great connections at the same time!

Maintaining optimal health is an ongoing endeavor at any stage of life, regardless of your baseline level of health and fitness. At times we need to slow down to recover, rest, and restore to stay healthy and independent in the long run. An injury, imbalance or surgery may require rehabilitation. Physical therapy and occupational therapy are two types of rehabilitative care. The goal of rehabilitative care is to improve or prevent the worsening of your condition or quality of life due to an injury, surgery, or illness. While there are some similarities between physical therapy and occupational therapy, there are also key differences. Our July speaker, Kimberly Hurley, Occupational Therapist at Alta Pediatrics presented "Occupational Therapy: How It Can Help Us Carry Out Everyday Activities". Always follow your healthcare provider's advice and attend occupational and physical therapy sessions as prescribed. They are key to restoring function and range of motion so you can do all the things you love and need to do!

Relaxation and inner growth go hand and hand. Quantam Wellness will join us in September to show us ways to relieve stress to connect to our best selves. Please register for this virtual meeting on the Chamber event page.

Thrive Morris relaxes and restores! There will be NO Health and Wellness forum in August. Enjoy the remaining lazy days of summer, as we know how quickly this season passes in New Jersey! See you in September!

Best in Health,

Laura O'Reilly-Stanzilis RN MSM
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!

No hike in August.

September 16, 9:00 am (time change)

Liffy Island via James Leach Boardwalk and

Led by Mary Ellen Zung and Dr. Billy Stetzel

For more information please contact
maryellen@outlook.com



Thrive Morris Eats!

Breaking bread- Creating community

Bring your old friends and meet some new ones.

Take time to break away from the computer screen and enjoy the company of a fun group of people gathering to enjoy a tasty meal and to support our local restaurants.

Separate checks provided so you can order whatever makes you happy.

Limited to the first 18 people

**Dates Posted on
Morris Chamber Calendar.
Hope you can join us!**

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



Photo Credit [Olde Mill Inn](#)

Thrive Morris Gives!



On Friday, June 16, 2023, Thrive Morris Gives, led by Kathy D'Agati, past chair of Thrive Morris, collaborated with Leadership Morris Alumni, an elite network of inspired servant leaders to donate their time and resources to serve the local community at Family Promise and the Interfaith Food Pantry of Morris County.

Read more about this great day
[Family Promise Day](#)

To learn more about Thrive Morris Gives
contact Kathy@backtobasicwellness.com

How One's Body Composition Plays Into Physical Lifestyle

By Lois Manzella Marchitto



A person's body composition can significantly influence their physical lifestyle. It is comprised of bone, muscle, ligaments, tendons, water, and adipose tissue (fat). There are several ways in which the body composition affects one's mental and physical lifestyle:

(To learn more go to the full article [click here.](#))

Routine Health Exam Led to an Incidental Finding with a Positive Outcome

By Laura O'Reilly Stanzilis



Sometimes we are blindsided by a finding or diagnosis. Especially when it comes out of nowhere. Here's my story...

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

Sun Safety Tips for a Healthy Summer

By Mary Ellen Zung



July is UV Safety Awareness Month. Summer has officially arrived and it's a time for fun, vacations and spending long hours outdoors. However, we must remember to stay safe when we are out in the sun!

Although there are health benefits to the sunshine, such as getting vitamin D, and being outdoors, there are also some downfalls such as sunburns, premature aging, and skin cancer.

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!



Cauliflower Soup

By Barb Minemier

For the Soup:

4 teaspoons ghee

4 to 5 cups cauliflower (about 1 medium head) 2 leeks, white part only, sliced into rounds

2 stalks celery, sliced

1 to 2 cloves garlic

1 teaspoon Celtic or pink Himalayan salt

1/2 teaspoon freshly ground black pepper

4 cups chicken bone broth or Chicken SLIM

Collagen Broth™

1 cup full-fat coconut milk

Pesto (see ingredients and directions on right)

For Cooking Directions [click here](#)

Barb is a certified holistic health and nutrition coach. She can be reached at barb@yourhealthytruth.com

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.

HEALTHCARE PARTNERS



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