



The Health and Wellness Community of the Morris County Chamber

Thrive Morris! Newsletter

FALL Newsletter | Issue 7

Newsletter Editor: Mara Kimowitz, **StretchSource®** + **Pliability Stretch™**



November is Thanksgiving - it has the three Fs.

Thrive Morris! is here to help you find ways to connect with family, friends and food.

Discover Everything Morris

Flourish
Prosper
Progress



Thrive Morris Leadership Message!



Photo by Christy Ward, **MC Ward Images**

Greetings!

As we approach the “most wonderful time of the year”, make sure to make time for YOU.

Slowing down from a hectic schedule and being still are often the most productive things we can do when feeling overloaded and rushed. Finding stillness in the midst of activity creates space in the mind and brings us a sense of clarity and focus so we can make the most of our time- and do what matters the most!

I am winding down my time as the Chair of the Health and Wellness Committee. It has been an honor to serve my fellow chamber members with invigorating meetings and exciting speakers at our forums, and engaging activities through Thrive Morris. It is a team effort and I send big thanks to the Thrive Morris Advisory Committee: Nicole Barone, Kathy D’Agati, Mara Kimowitz, Lois Manzella Marchitto, Barb Minimier, and Mary Ellen Zung!

Stay tuned as the Chamber announces the incoming Chair for 2024. Keep coming back to be part of the continued growth of the Thrive Morris community.

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!

Friday, November 17, 9:00 am
The Tourne via Red and Decamp Trail
Loop
Tourne Park, McCaffrey Lane, Boonton,
NJ

Meet in the main parking lot on McCaffrey.
<https://www.alltrails.com/explore/trail/us/new-jersey/the-tourne-via-red-and-yellow-trail-loop?mobileMap=false&ref=sidebar-static-map>



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



Photo Credit Olde Mill Inn

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

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

Thrive Morris Gives!

Give thanks by giving back to those in need! Will you help?

Who: The first 15 people to sign up! Bring your friends and family!

What: Packing Produce (potatoes, apples, onions, etc) for families in need

When: Thursday, November 16th 1:30-



4:30pm

Where: Interfaith Food Pantry Network Resource Center – 2 Executive Drive, Morris Plains, 07950

Why: Because giving back to your community brings joy and gratitude!

To learn more about Thrive Morris Gives contact

Kathy@backtobasicwellness.com

Please Register

Inclusive Health is Based on Equitable Access



By Laura O'Reilly-Stanzilis

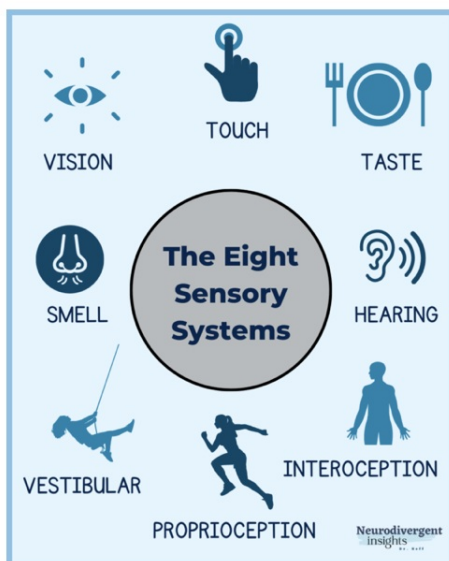
In 2005 the U.S. Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities described the particular challenges to health and wellbeing faced by persons of all ages with disabilities.

On September 26, 2023 The Nation Institutes of Health (NIH) designated people with disabilities as a population with health disparities.

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

What Is a Sensory Diet?

By Kimberly Hurley, O.T., Alta Pediatrics



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](#))

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!



ROASTED CAULIFLOWER SOUP WITH PESTO

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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Powered by **Health & Wellness Committee** | www.thrivemorris.com

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