



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

## *Thrive Morris* Newsletter!

Summer 2022

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



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Flourish  
Prosper  
Progress



# *Thrive Morris*

## Leadership Message!



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

Greetings!

The *Thrive Morris* Community is continuously evolving as we collaborate and support member events, and expand our reach. Everyone from across the Chamber is invited to participate.

We hope to see you!

We provide education and personal enrichment through our committee events and spotlight speakers at our Monthly Health and Wellness Forums. Last month, Dr. Sarabjit Singh, Corporate Medical Director of Psychiatric Services and Programs at Saint Clare's Health, delivered an engaging and inspiring presentation on *Symptoms and Management of Stress*. Our June Forum features Julianne Cherry, Executive Director of Summit Health Cares (SHC), who will share how SHC is Providing Care, and Transforming Lives. Please register in advance on the [MCCC Event Registration Page](#) and get us on your monthly calendar.

*Thrive Morris* Gives is promoting greater opportunities for health and well-being in communities throughout Morris County by supporting the missions of local non-profit organizations. Please read about Thrive Gives opportunities in greater detail in this newsletter. No matter how small the effort is, we can impact individuals and communities in many ways, just by showing up.

Will you join us?

Yours in Health,  
Laura O'Reilly-Stanzilis, RN,  
MSM  
Executive Director, The North Jersey Health Collaborative  
Chair of Thrive Morris- the MCCC Health & Wellness Committee

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## Thrive Morris Events!

Please visit the *Thrive Morris* Events Calendar for events by local businesses and organizations, monthly hikes, Thrive Morris Eats! and more.

Visit [www.thrivemorris.com](http://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.

### Upcoming Events

See the full schedule [here](#).

## Thrive Morris Hikes!

Join us for hiking and netwalking on Morris County trails. Guests of Morris Chamber Members are welcome.

June 18th 8:30am

Evans Preserve/Highlands Loop Ridge Loop

Address: Small parking area

Nearest physical address: 30 south road,  
Chester, NJ

July 23rd 8:30am

Hacklebarney Loop Trail

Address: 119 Hacklebarney Rd, Long Valley,  
NJ 07853

August 20th 8:30am: Lord Stirling Park Red  
Trail

Address: 190 Lord Stirling Rd, Basking Ridge,  
NJ 07920

Led by Dr.Billy Stetzel, [Sovita Chiropractic](#)



Questions?

Please call MaryEllen Zung  
(973) 617-6742

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## Thrive Morris Eats!

Break bread together and enjoy connecting with fellow Morris Chamber Members.

Limited Seats - Register Early!

### ***Upcoming Dates***

**Thur., June 23, 2022 12pm – 2pm  
Great Greek Mediterranean Grill**

**Thur., July 28, 2022 12pm – 2pm  
The Windlass**

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

**Hope you can join us!**

If you have questions please contact  
Nicole Barone  
[Nicole@NicoleBarone.com](mailto:Nicole@NicoleBarone.com)



Photo Credit [Olde Mill Inn](#)

*Reserve a seat at the table*

## ***Thrive Morris Gives!***

Join *Thrive Morris Gives* as we support these Not-for-Profit Organizations:

**Grow A Row-** Wednesday 9/14 9:00 AM-12:00 PM

A typical day of volunteering at one of our Clinton area farms looks something like this:  
8:45-9am: Arrival. Groups are encouraged to come early and bring breakfast to get the energy needed for the day ahead.

9-9:15am: Hard program start time is at 9am. We begin with a brief discussion about AGAR, our programs, and why volunteers are so important in the fight against hunger.

9:15-12pm: Volunteering in the fields to harvest a crop

Groups are always welcome to stay and eat lunch at our picnic tables afterward.

America's Grow-a-Row's mission is to positively impact as many lives as possible through a volunteer effort of planting, picking, rescuing, and delivering free fresh produce. At America's Grow-a-Row we:

- Provide fresh, healthy produce to those in need
- Educate people of all generations about hunger and ways to help
- Introduce our youth to farming and healthy eating
- Cultivate in tomorrow's leaders the habit of giving back
- Contribute to the sustainability of agriculture

**CASA-** Thursday 10/13 4:00PM- 6:00PM Mural Painting (No painting skills required)

The mural will hang in the entryway of our new office and provide a warm and welcoming environment for our volunteers, who come to the office for 36 hours of pre-service training; to meet with their Case Supervisors; and to pick out items from our stock of toys, games, books,

backpacks, school supplies, and clothes for their CASA children. Our volunteers work 10-20 hours per month on a single case and we like to show our gratitude with a warm reception when they come to our office.

### CASA of Morris and Sussex Counties Mission

Our mission is to be a strong voice for the best interests of vulnerable children who have been removed from their homes or are under court supervision due to abuse, neglect, or abandonment. We recruit, train, and supervise community volunteers to be advocates, mentors, and champions for each child on his or her journey to a safe, permanent, and nurturing home.

Check our calendar regularly for more upcoming adventures!

For questions about *Thrive Morris Gives!* activities please contact:  
Kathy D'Agati / [kathy@backtobasicwellness.com](mailto:kathy@backtobasicwellness.com)

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## People's Picnic Table

The People's Picnic Table, painted International Optimism Yellow, was created to inspire optimism and connection, as a safe space for positive interaction, and to serve as a marker for mental health awareness.

INTO Yellow tables have been springing up all over Morris County and beyond with the most recent table, sponsored by Glen Baker of Morris Agent, and Battalion Chief of Boonton Fire Department, installed at Grace Lord Park, 121 West Main Street, Boonton on May 21. It's a perfect spot next to a running river, under a canopy of grand old trees, for the community of all ages to gather, break bread, and discuss their mental health.



Photo Credit [StretchSource®](#)

Other recent People's Picnic Table installations include those at the Mental Health Association offices in Montclair, Central Park of Morris in Morris Plains, West Morris Central High School, West Morris Mendham High School, and at Bethel AME Church in Morristown given in honor of Sherrif James Gannon by the MHA, and dedicated to law enforcement who have died by suicide. Table signage explains the purpose of the tables, and provides information about getting in touch with the Mental Health Association.

The People's Picnic Table is a collaboration including Artist Riley John Donnell of UMEWE, Team De-Stig, an initiative of the Morris County Chamber of Commerce Health and Wellness committee, and the Mental Health Association.

Look for 25 more People's Picnic Table installations happening over the summer and into the fall in the town of Boonton, Randolph, Mendham, The Chathams, and at Grow it Green in Morristown, Prevention is Key locations, Family Promise sites, and more.

If you or someone you know is concerned about your mental health, please contact the Mental Health Association at 973-334-3496 or [mhainspire.org](http://mhainspire.org).

## 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!

**Get refreshed!**





## Watermelon Mint Aqua Fresca

By Mary Ellen Zung

4 servings

Ingredients:

½ seedless watermelon (large)

1 cup filtered water

¼ cup mint leaves

2 Tbsp maple syrup (optional)

½ lime (sliced into wedges)

Directions:

1. Slice watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with water and maple syrup (if using), and blend.
2. Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
3. Add ice (optional) and pour watermelon aqua fresca into each glass.
4. Stir to combine and enjoy!

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We invite members from across the Chamber to stop by on Zoom on the 3<sup>rd</sup> 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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