

GROWING STRONG



October 2018

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Township of Ocean
 Department of Human Services
 601 Deal Road
 Ocean, NJ 07712
 732-531-2600



The **Human Services Council** serves as an advisory board to the Department of Human Services, Township Manager and Township Council on matters concerning the human service needs of residents. Guests are welcome.

The meeting schedule for 2018-2019 is:

- Wednesday, Oct. 3, 2018
- Wednesday, Jan. 9, 2019
- Wednesday, April 3, 2019
- Wednesday, June 5, 2019

All meetings take place in the Township of Ocean Senior Center, 615 West Park Ave., behind the West Park Recreation Center at 7 pm. Please note meeting dates are subject to change. Please call 732-531-2600 to confirm.

WELCOME TO THE GROWING STRONG NEWSLETTER

The Growing Strong newsletter is a publication of the Township of Ocean’s Department of Human Services. Its purpose is to highlight activities, issues, and ideas that focus on the promotion of health and well-being for children, teens, and adults of all ages.

The programs of the Department, both from the Community Services Office and the Recreation Office, are guided by the **Healthy Communities-Healthy Youth** research that demonstrates that prevention is a woven fabric comprised of many threads in the community. Activities that build positive interaction, enrich people’s joy, promote family cohesion, encourage thoughtful decisions, provide useful information, empower community service, and address the human need are all prevention activities as they build the strengths of an individual of any age, the family, and the whole community.

We have a long tradition in Ocean Township of working together—municipal government, police, schools, and community members—in promoting such strengths. The Human Services Council, the advisory committee for the department, invites you to enjoy the newsletter, which will be published quarterly, and to attend their meetings. The next meeting is scheduled for October 3 at 7 pm.

EMPHASIZE SAFETY THIS HALLOWEEN

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics (AAP).

All Dressed Up

Plan costumes that are bright and reflective. Make sure that shoes fit well and costumes are short enough to prevent tripping, entanglement or contact with flame.

Add reflective tape or striping to costumes and treat bags for greater visibility.



Masks can limit or block eyesight, so use non-toxic makeup and decorative hats as safer alternatives. Test **makeup** ahead of time on a small patch of skin to ensure there are no unpleasant surprises on the big day.

Purchase costumes, wigs and accessories with labels indicating they are **flame resistant**.

If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or

long. Children may be hurt by these accessories if they stumble or trip.

Do not use **decorative contact lenses** without an eye exam. Obtaining contact lenses without a prescription is dangerous and illegal, and can cause serious eye disorders or infections which may lead to permanent vision loss.

Review with children how to call 9-1-1 if they have an emergency or become lost.

Home Safe Home

Keep homes safe for trick-or-treaters. Remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.

- Check outdoor lights and replace burned-out bulbs.
- Wet leaves or snow should be swept from sidewalks and steps.
- Restrain pets so they do not jump on or bite a trick-or-treater.

Safe Trick or Treating

A parent or responsible adult should always accompany young children.

Obtain **flashlights with fresh batteries** for all children and their escorts.

(continue reading on page 5)

ELECTRONIC CIGARETTES: ARE THEY SAFE FOR YOUTH?

E-cigarettes are electronic devices that heat a liquid to produce an aerosol, or mix of small particles in the air. They come in a variety of shapes and sizes. Most have a battery, a heating element and a place to hold a liquid. Some of these devices look like regular cigarettes, cigars or pipes. Some look like USB flash drives, pens and other everyday items.



E-cigarettes are known by many different names. They are sometimes called “e-cigs, e-hookahs, mods, vape pens, vapes, and electronic nicotine delivery systems (ENDS.)”

Using an e-cigarette is sometimes called *vaping* or *JUULing*.

Most devices contain nicotine, a highly addictive chemical that can harm parts of the adolescent brain that control attention, learning, mood and impulse control. Using nicotine in adolescence may also increase risk for future addiction to other drugs.

Scientists are still learning about the long-term health effects of e-cigarettes. While they expose users to fewer harmful chemicals than burned cigarettes, they contain other harmful substances

besides nicotine. See box for details.

JUUL is a brand of e-cigarette that is shaped like a USB flash drive, making it hard for parents and other concerned adults to identify. A single JUUL pod contains

as much nicotine as a pack of 20 regular cigarettes. News outlets and social media sites report widespread use of JUUL by students in schools, including classrooms and bathrooms. Although JUUL is currently the top-selling e-cigarette brand in the U.S., other companies sell products that look like USB flash drives. Examples include the Mark-Ten Elite, a nicotine delivery device and PAX Era, a marijuana delivery device that looks like JUUL.

Many young people who use e-cigarettes also smoke cigarettes. There is some evidence that young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

Regardless if they progress to future cigarette smoking, e-cigarette use among young people is unsafe.

Source: Centers for Disease Control and Prevention.



WHAT'S IN AN E-CIGARETTE?

Electronic cigarette aerosol is *NOT* harmless “water vapor.” It can contain harmful or potentially harmful substances including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to serious lung disease
- Volatile Organic Compounds
- Heavy metals such as nickel, tin and lead

It's difficult for parents to know what e-cigarette products contain. For example, some devices marketed as containing no nicotine have been found to contain nicotine.

Source: US Dept. of Health & Human Services

MEET OUR STUDENT COUNSELORS

The Student Counselor Program was developed by the Township of Ocean Department of Human Services to enhance and support students' achievement in the school environment. Student Counselors provide in-school assessment, crisis intervention, counseling, and referral services to any student who may be experiencing personal, family and/or peer difficulties. Our goal is to support the students and prevent personal difficulties from interfering with their school success.



Student Counselors work collaboratively with administrators, guidance counselors, teachers, the school nurse, other school personnel and parents to identify and assess areas of need. Students may be referred by school staff, parents, other students or they may self-refer. Parents who have concerns about any non-academic issues may contact the Student Counselor directly.

Pictured left to right are **Ashley Egleston**, LAC, SAC, NCC Township of Ocean Intermediate School; **Bruce MacBeth**, LAC, NCC, Wanamassa Elementary & Wayside Elementary and **Linda Law**, LAC, Ocean Township Elementary & Township of Ocean Intermediate School.

THE SURPRISING BENEFITS OF VOLUNTEERING

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, connect with your community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health.

THE HAPPINESS EFFECT

Helping others kindles happiness. Researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, and found the more people volunteered, the happier they were. Compared with people who never volunteered, the odds of being "very happy" rose 7 percent among those who volunteer monthly and 12 percent for people who volunteer every 2-4 weeks.

Why volunteer?

Volunteering offers vital help to people in need, worthwhile causes and the community, but the benefits can be even greater for you, the volunteer. Helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in simple ways can help others in need and improve your health and happiness.

How to find the right volunteer opportunity

Find a volunteer position that you would enjoy and are capable of doing. It's important to make sure that your commitment matches the organization's needs. Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring to a volunteer job?
- What causes are important to you?

Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help others and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Community Hope Fund

THANKSGIVING FOOD DRIVE

Donate individual items or a complete meal for a family of 4-6 people

Drop off donations by 11/14 to the Dept. of Human Services. If you would like to make a monetary donation, checks are payable to: Community Hope Fund.

Stuffing
Canned fruits/vegetables
Cranberry sauce
Instant potatoes
Peanut butter & jelly
Pasta & sauce
& more

Volunteers are needed to pack and deliver baskets. Call 732-531-2600 or email jappio@oceantwp.org.

MAKING A DIFFERENCE: MEALS ON WHEELS VOLUNTEER JESSIE BLAIR

"I enjoy it because I'm helping," says Meals on Wheels volunteer Jessie Blair. "In just the few minutes that I visit, I know that I make difference."

Making a difference by volunteering is what makes Jessie Blair tick. A long-time Ocean resident, Jessie has been delivering meals to homebound elderly since she retired nine years ago. And her volunteerism doesn't stop there: Jessie has been a Girl Scout volunteer for more than 40 years, and was honored as a Woman of Distinction by the Girl Scouts of the Jersey Shore. She currently serves as leader for four troops in the Township.



Jessie Blair

A former physics and chemistry teacher at Monmouth Regional High School, she started her career as a researcher for Schering Plough. Her work brought her to Heidelberg, Germany, where she met her husband, who was serving in the Army. She taught in Germany, then Kentucky, and then at Monmouth Regional High School when she, her husband and two daughters settled in Ocean in the 1970s.

The Meals on Wheels program provides a nutritious mid-day meal to approximately 30 elderly residents. The meals, delivered every weekday by a team of volunteers, help homebound seniors live independently and get the nutrition they need. Volunteers deliver not only a meal: they provide a brief, friendly visit to those who may have little or no contact with other people.

Jessie sees volunteering as a "chance to use your skills and live your life properly." Her visits bring a smile to the faces of many of the people that she visits, and that, to Jessie, is the greatest reward.

IT'S THE HOLIDAY SEASON. WHY AM I SO SAD?

It's the most wonderful time of the year, right? Bright lights, festive music, food and laughter everywhere.



It's the season to be jolly, but many people struggle with loneliness, feelings of sadness and depression during the holidays.

What causes holiday blues?

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Sources of holiday sadness include:

- Stress
- Fatigue
- Unrealistic expectations
- Over-commercialization
- Financial stress
- The inability to be with family and friends

Plan ahead to beat the blues

If you tend to get stressed or "blue" during the holidays, a little

planning can help to alleviate the symptoms.

- Set reasonable expectations. Organize your time. Eliminate unnecessary activities.
- Try not to overeat, get enough rest, and limit your alcohol intake.
- Don't fake joyful feelings. Be authentic inside. Just because it's the holidays, it doesn't mean that you must be cheerful. All of your emotions are valid, including sadness and anger over loved ones who have passed on, or annoyance with family members.
- Find enjoyable activities that are low-stress, like driving around at night to view holiday decorations or attending local choral events.
- If you can't be with your loved ones, find creative ways to be together. Try Facetime, Skype, or a phone call.
- Surround yourself with those you care about, and if certain family members cause emotional distress, limit the time you spend with them. You don't need to spend several days visiting toxic family members.
- Perform acts of kindness. Do something nice for someone else. Show courtesy on the road. Volunteer, donate toys or provide clothing to a homeless shelter. These activities may provide a sense of meaning and purpose and reduce some of those holiday blues.

WALK AWAY THE WINTER BLUES

Don't let the winter weather keep you from walking. Walking has many benefits including:

- Helping you maintain a healthy weight
- Preventing or managing various conditions, including heart disease, high blood pressure and type 2 diabetes.
- Strengthening your bones and muscles
- Improving your mood
- Improving your balance and coordination



Adults age 55 and older are invited to join the staff from the Recreation Office for a walk around the Municipal Gym this winter. Walk at your own pace for a short time or a full hour.

**Tuesdays & Thursdays, November 27—May 9
12:15 - 1:15**

**FREE, but pre-registration is required
Register at the Recreation Office, 601 Deal Road or
online at register.communitypass.net/oceantwp**

Free transportation to this program is available for Ocean residents age 60 and older. To schedule transportation, contact Jennifer Appio, 732-531-2600 one week prior to the program.

FALL AND WINTER RECREATION PROGRAMS FOR KIDS, ADULTS AND SENIORS

Check out the latest fall and winter programs that will help you stay fit, improve your health or learn a new skill.

Registration for fall programs is underway and space is limited in many sessions. Pick up a copy of the brochure at the Recreation Office or view it online at oceantwp.org (click on the Recreation & Counseling tab.)

Programs include:

For youth: Messy School, Ballet, Basketball, Musical Me, Drawing & Watercolors, Wrestling and JV Gym.

For adults: Basketball, Volleyball, Nia, Pilates, Pickleball and Yoga

For adults 55+: Ageless Grace, Strength, Stretch and Balance, Indoor Walking, Your Inner Picasso, Fitness for 55+, Morning Meditation, Yoga and Zumba Gold.

Registration for winter programs begins Wednesday, November 7 for Ocean residents and November 21 for non-residents. The **Winter Recreation Brochure** will be available in print and online in early October.

DISPOSE OF YOUR PRESCRIPTIONS SAFELY

For many families, addiction begins in the medicine cabinet. Studies show that a majority of abused prescription drugs are taken from family and friends, including from home medicine cabinets. Tossing unused medicines in the trash or flushing them may pose safety or health hazards.

Project Medicine Drop, developed by the NJ Division of Consumer Affairs, helps to halt the abuse and diversion of prescription drugs and allows consumers to dispose of unused and expired medications safely.

The Township Police Department installed a drop box in the lobby of police headquarters, accessible 24 hours a day, 365 days a year. The goal is to prevent pill abuse and theft by ridding homes of potentially dangerous, expired, unused and unwanted prescription drugs. Police are urging residents to deposit their expired and unused prescription drugs into the box for proper destruction.



October Fest offers family fun for all ages on October 13.

CELEBRATING OUR COMMUNITY

The Township of Ocean Community Celebration Committee works to enhance the community through a variety of events held each year. Join the celebration at one of these upcoming events:

October Fest

Saturday, October 13, 10 am to 4 pm
Mike Cernigliaro Fairgrounds at Joe Palaia Park
Rain date: October 14

Veterans Day Ceremony

Sunday, November 11 at 11 am
Town Hall

Christmas Tree Lighting

Sunday, December 2 at 4:30 pm
Historical Museum

Chanukah Menorah Lighting

Sunday, December 2 at 6:30 pm
Town Hall

For information, email ccc@oceantwp.org or call 732-531-5000 ext. 5401

HALLOWEEN SAFETY *(continued from page 1)*

If older children are going alone, **plan and review the route** that is acceptable to you. Agree on a specific time when they should return home. Instruct them to only go to homes with a porch light on and never enter a home or car for a treat.

Pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters:

- Stay in a group and communicate where they will be going.
- Remember reflective tape for costumes and trick-or-treat bags.
- Carry a phone for quick communication.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Only cross the street as a group in crosswalks. Never cross between parked cars.
- Don't assume you have the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!
- Law enforcement should be notified of any suspicious or unlawful activity.

A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats. Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.

- Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- Try to ration treats for the days and weeks following Halloween.



40 DEVELOPMENTAL ASSETS ESSENTIAL FOR SUCCESS

Do you ever wonder why some kids seem to grow up with ease while others struggle?

Are you surprised that some kids thrive in spite of difficult circumstances? The Search Institute, a nonprofit research organization, studied this issue and found 40 factors that are essential for young people's success.

EXTERNAL ASSETS

Support

1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighborhood
5. Caring School climate
6. Parent involvement in schooling

Empowerment

7. Community values youth
8. Youth as resources
9. Service to others
10. Safety

Boundaries and Expectations

11. Family boundaries
12. School boundaries
13. Neighborhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations

Constructive use of time

17. Creative activities
18. Youth programs
19. Religious community
20. Time at home

INTERNAL ASSETS

Commitment to Learning

21. Achievement motivations
22. School engagement
23. Homework
24. Bonding to school
25. Reading for pleasure

Positive values

26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint

Social competencies

32. Planning & decision making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolution

Positive identity

37. Personal power
38. Self-esteem
39. Sense of purpose

To learn more about the Developmental Assets go to

<https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>

Community Hope Fund

Adopt a Family Holiday Giving Program

Bring joy to an Ocean family in need this holiday season. Donors are connected with a local family to provide gifts and necessities.



Families of all sizes with children of all ages need our help as they struggle to make ends meet. Financial contributions to the Community Hope Fund or gift cards to local stores are also greatly appreciated.

To learn how you can help, please contact Jennifer Appio, jappio@oceantwp.org or call 732-531-2600.

LOOK FOR FUTURE ISSUES OF

GROWING STRONG

ONLINE AT

OCEANTWP.ORG

(CLICK ON RECREATION AND COUNSELING TAB)

Deliver kindness
Deliver companionship
Deliver nutrition
Deliver hope

Be a Meals on Wheels volunteer



Call 732-531-2600