



## Atlantic County Sheriff's Office August Highlights

*The Atlantic County Sheriff's Office is committed to building strong, safe, and united communities. Sheriff Joseph O'Donoghue and his teams working closely with county residents to make Atlantic County an even better place to live.*

The Atlantic County Sheriff's Office actively participated in several National Night Out events across Brigantine, Egg Harbor Township, Galloway, Hamilton Township, and Pleasantville. These gatherings brought together law enforcement, community members, and local organizations to strengthen relationships and address community concerns. The team also supported Linwood, allowing their officers to attend their local event. Sheriff Joseph O'Donoghue made it a priority to visit each location, engaging with citizens to discuss community safety. Sheriff's office and CHW team honored to be part of these events that reinforce the bond between law enforcement and the community.

### Community Cookout & Walk in Egg Harbor City:



Sheriff Joseph O'Donoghue, Prosecutor William Reynolds, and Chief Marcella Aylwin are currently participating in the annual Community Cookout & Walk on Buffalo Avenue in Egg Harbor City. Sponsored by Mr. Perry Mays, this event is a fantastic opportunity for residents to engage with local officials, enjoy free food, and receive book bags for the upcoming school year.

### Vibrant celebrations of culture and community

Sheriff Joseph O'Donoghue was proud to attend the Bangladeshi Independence Day celebration in Atlantic City, joined by Congressman Jeff Van Drew and other local dignitaries.

The Atlantic County Sheriffs Office was proud to participate to the India Day Mela & Parade in Atlantic City. Sheriff Wishes all friends from India a very Happy Independence Day.



## Prevent mosquito bites

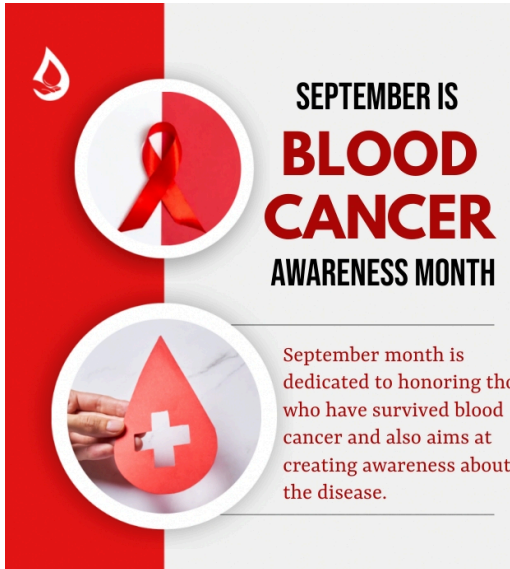
Dengue is spread to people through the bite of an infected mosquito.

Mosquitoes bite during the day and night. There is no widely available dengue vaccine to prevent dengue infection. The best way to prevent dengue is to protect yourself from mosquito bites.

- Use insect repellent.
- Wear loose-fitting, long-sleeved shirts and pants.
- Take steps to control mosquitoes in and around your home.



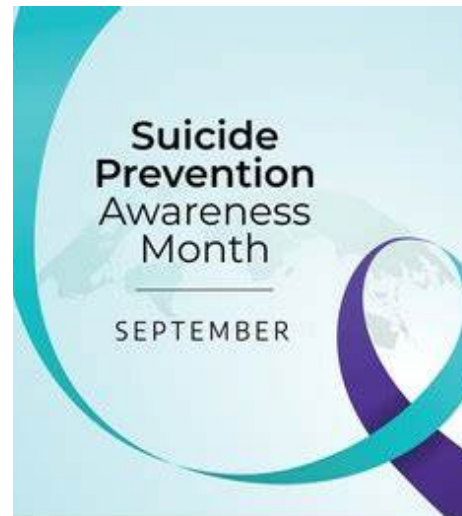
Every month, there are hundreds of national and international celebrations dedicated to raising awareness and support for meaningful causes. September is a month that celebrates several awareness months and healthcare observances. Some of the awareness months celebrated in September include:



September is Blood Cancer Awareness Month. What is a blood cancer you may ask? A blood cancer is a cancer that affects your blood cells including how they are produced by the body and how they function. In these cancers, the development of blood cells is interrupted by the growth of abnormal types of blood cells. Because of this uncontrolled growth, the blood can't perform its normal functions like fighting infection and prevention of bleeding. (American Society of Hematology, <http://www.hematology.org/Patients/Cancers/>)

There are several types of blood cancers including leukemia, lymphoma and myeloma. According to the Leukemia and Lymphoma Society, every 3 minutes someone in the United States is diagnosed with a blood cancer and more than a third of blood cancer patients do not survive five years after their diagnosis.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.



September is Suicide Prevention Month — a time to raise awareness of this stigmatized, and often taboo, topic. Government and non-government organizations are use this month to shift public perception, spread hope and share vital information to people affected by suicide. Goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.



National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. There are millions of Americans whose lives have been transformed through recovery.



**CANCER: THRIVING & SURVIVING**  
 SUPPORT WORKSHOP

**ABOUT**

Developed by Stanford University, this FREE 6-week, interactive workshop is for cancer patients, survivors and caregivers. The sessions are participative, where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Whether newly diagnosed, in active treatment, or living beyond it, this program helps cope with the concerns, thoughts, and health conditions that accompany having a cancer diagnosis. Caregivers are encouraged to attend. All participants receive a complimentary *Living a Healthy Life with Chronic Conditions* book.

**BENEFITS**

- Techniques to deal with problems such as fatigue, pain, isolation, poor sleep and living with uncertainty
- Setting priorities and goal-setting
- Nutrition
- Communicating effectively with family, friends, and health professionals
- Making decisions about treatment and complementary therapies
- Appropriate exercise for regaining and maintaining flexibility and endurance

**JOIN US!**

**WHEN**  
 TUESDAYS 4:30-7PM  
 SEPTEMBER 24TH-  
 OCTOBER 29TH

**WHERE**  
 SHORE MEDICAL  
 CENTER  
 CANCER CENTER

**REGISTRATION**  
 CLASS SIZE WILL  
 LIMITED. QUESTIONS  
 OR TO BE NOTIFIED  
 WHEN DATES ARE  
 FINALIZED, CALL  
 609-653-3923

**PRESENTED BY**



**Your EAP: Access at your Fingertips**

How to access your EAP + Work-Life Benefit 24/7 using the EAP Work-Life Website and the iConnectYou Mobile App.



**iConnectYou QR Code**



**iCONNECTYOU MOBILE APP**

**About the App**

Members may engage with the EAP benefit via phone, video, or instant messaging through iConnectYou. The app not only allows users to initiate contact with the program, but can also be used to deliver structured telephone or video counseling. Informational resources and self-assessments are also available within the app.

**iConnectYou Scheduler**

The Scheduler allows users to book an initial conversation with one of our counselors for intake and assessment. Participants can filter counselors based on languages, time zones, areas of expertise, and can schedule a phone or video appointment.

**Logging in to the App**

1. Download the iConnectYou App from Google Play or the App Store onto your phone
2. Open the App and click on Sign Up (located at the bottom of the screen)
3. Enter your personal details, email, password, and company password: 40007

**WORK-LIFE WEBSITE**

**About the Deer Oaks Website**

Users have unlimited access to our innovative Work-Life website featuring resource articles, assessments, audio, and video files covering emotional well-being, health and wellness, and workplace issues as well as child care, elder care, adoption, and education. LiveConnect IM is available on the site and may be used to chat live with one of our work-life specialists. The News for You section presents information about current events.

**Website QR Code**



**Logging in to the Website**

Web Address: [www.deeroakseap.com](http://www.deeroakseap.com)  
 Click on Member Login - Enter login/password: 4001

CALL 24/7 FOR CONFIDENTIAL SUPPORT

(888) 993-7650

eap@deeroaks.com

www.deeroakseap.com



**Take the High Road Program**

*Call for a Ride and Send the Bill to Us*

Deer Oaks remains concerned about your safety and the safety of others. Therefore, we encourage you to call for a ride in the event that you feel unable to drive due to impairment by a substance or extreme emotional condition. Such circumstances may include over consumption of alcohol, drowsiness due to medication, or if you are extremely upset/troubled over a situation (i.e. you receive bad news at work, you are laid off or let go, learn of a death in the family, finalize a divorce, etc.)

As part of your EAP program, Deer Oaks reimburses you and your dependents for cab, Uber and Lyft fares up to \$45.00 (excludes tip) in the United States, once per year, one trip per participant (18+ years of age). The process is simple, and like all other EAP services, confidential. Your receipt may be submitted up to 60 days from date of service. Simply call our Helpline for instructions on how to submit your receipt. It may take up to 45 days for reimbursement.



(888) 993-7650  
 eap@deeroaks.com  
 www.deeroakseap.com

**Free Mammograms**



**BREAST CANCER SCREENING EVENT**  
 SATURDAY, OCTOBER 19, 8AM TO 12PM

October is Breast Cancer Awareness Month. Screening mammograms are proven to detect cancer early when it is most treatable. Shore Medical Center, a member of the Penn Medicine Cancer Network, and Advanced Shore Imaging Associates are working together to offer free screening mammograms for those who are underinsured or uninsured.

Shore will offer a clinical breast exam and will provide a medical script for those who need assistance.

Call 609-653-3440 for your appointment.

ShoreMedicalCenter.org  
 100 Medical Center Way  
 Somers Point, NJ



**Free Lung Cancer Screening**



Shore Medical Center, a proud member of the Penn Cancer Network, and Advanced Shore Imaging Associates are hosting a

**LUNG CANCER SCREENING EVENT**  
 Saturday, Nov. 23, 9am - 12 noon • Shore Cancer Center

Consultations provided by Dr. Gregory Herman of Shore Physicians Group

IF YOU ARE: 50 to 80 years of age and  
 a current smoker or have quit smoking in the past 15 years,  
 a Low Dose CT screening may be right for you.

Call for more information and/or schedule an appointment at 609-653-3923.

Lung cancer is the number one cause of cancer deaths. Low Dose CT screenings can detect lung cancer early when it is the most treatable. Early detection saves lives. Call today.

ShoreMedicalCenter.org  
 100 Medical Center Way  
 Somers Point, NJ



**SEMINAR BY THE SHORE**  
 PRESENTED BY CONTACT CAPE-ATLANTIC & BRATTON LAW GROUP

Thursday, September 26, 2024 | 8:30 AM - 4:00PM  
 Atlantic City Convention Center in Atlantic City, NJ

Join us for a full day conference for family members, caregivers & professionals supporting people with Alzheimer's disease and other dementias

- Network with others facing the same challenges
- Learn about the disease from experts
- Visit our Resource Expo featuring 20+ vendors that support caregivers and individuals living with dementia
- Breakfast & lunch provided with registration
- Free adult day services for individuals with dementia
- CE Credits available for professionals

**FREE FAMILY CAREGIVER TICKETS AVAILABLE**  
 TO REGISTER VISIT [WWW.CONTACTCAPEATLANTIC.ORG](http://WWW.CONTACTCAPEATLANTIC.ORG)  
 OR SCAN THE QR CODE BELOW  
 FOR QUESTIONS CONTACT MARY JO BERNARDO  
 AT 925-588-8000



**BANGLADESH COMMUNITY CENTER**  
**FREE FOOD DISTRIBUTION**

Every Thursday, 10:30 am to 1 pm.  
 Address: Bangladesh Community Center  
 2709 Fairmount Ave  
 Atlantic City, NJ 08401.  
 Distributed by, Bangladesh Association Of South Jersey  
 Partner with CFBNJ.





## Nominations of Outstanding Residents with Disabilities

Atlantic County is seeking nominations of outstanding residents with disabilities who have attained significant personal achievement and have made a difference in the lives of others.

Eligible nominees will be honored at a reception in October (tentatively scheduled for October 22) during Disabilities Awareness Month and presented with the Donald J. Sykes Award named in memory of the former chairman of the Atlantic County Disability Advisory Board and an active community advocate.

Nominees must be Atlantic County residents and have a disability as defined by the Americans with Disabilities Act. All submitted nominations will be reviewed for eligibility by members of the Disability Advisory Board. Nominees should be exemplary citizens who generously give of themselves to make Atlantic County a better place. Individuals of all ages may be nominated.

Nominations may be submitted online through September 9, 2024 at: [Donald J. Sykes Award Nomination Form | Atlantic County, NJ \(atlanticcountynj.gov\)](#). For further information, please contact Alyson Bakley, ADA Program Monitor at [bakley\\_alyson@aclink.org](mailto:bakley_alyson@aclink.org) or call 645-7700 ext. 4386 (TTY use NJ Relay, 1-800-852-7899).

# Respiratory Illnesses

Respiratory viruses are viruses that cause illnesses in the respiratory system. These illnesses share similar symptoms, risk factors, and prevention strategies. In the United States, we have more tools than ever before to help people protect

Common respiratory viral illnesses:

Flu, COVID-19, RSV, Adenovirus, Rhinovirus/Enterovirus (common cold), Parainfluenza, Parvovirus B19 (Fifth Disease)

Respiratory virus symptoms: Fever, Chills, Fatigue (tiredness), Cough,



themselves, their families, and communities from severe respiratory illnesses.

Every year, respiratory viruses such as influenza (flu), COVID-19, and respiratory syncytial virus (RSV) cause hundreds of thousands of hospitalizations and thousands of deaths during the fall and winter virus season.

Runny or stuffy nose, Decrease in appetite, Sore throat, Vomiting, New loss of taste or smell, Headache, muscle or body aches, Diarrhea, Weakness.

Treatment is a core prevention strategy to lower risk of severe illness from respiratory viruses.

**CHWs are frontline public health workers and trusted members of the communities they serve. This trust allows the CHW to better connect community members to community resources like health care and social services.**

**Office: Atlantic County  
Sheriff's Office. 4997 Unami  
Blvd, Mays Landing NJ 08330**

**Phone: 609-909-7200  
Facebook:  
Atlantic County Community  
Health Workers.**

**For collaborations with Atlantic  
County Community Health  
Workers, Email to Director:**

**[Martinez\\_Victoria@aclink.org](mailto:Martinez_Victoria@aclink.org)  
OR  
Supervisor:  
[Islam\\_Touhidul@aclink.org](mailto:Islam_Touhidul@aclink.org)**