

## A NOTE FROM THE MAYOR:

Last year, I announced that I was committed to improving the health and wellness of Highlanders by signing the Mayors Wellness Campaign (MWC) Annual Pledge of Participation and announcing wellness activities that residents can attend throughout the year. The partnership between Highlands and MWC is an effort to encourage the local community to get on the path to active living and healthier lifestyles. Even negotiating through COVID-19, the programmed worked so well, I have signed the commitment pledge for 2021.

The MWC is an initiative of New Jersey Health Care Quality Institute in partnership with the New Jersey State League of Municipalities. One of the main goals of the MWC is to improve the overall health and wellness of New Jersey communities. Through public-private partnerships, the MWC provides structure and evidence-based resources for community health initiatives. By encouraging Mayors to play a leadership role in supporting opportunities for active and healthy lifestyles and incorporating the social determinants of health into all policies, New Jersey is becoming a national leader in community-based health interventions.

Highlands will be utilizing the partnership with the MWC to host wellness programming throughout 2021. These events will encourage both healthy lifestyles and increase community awareness of the factors contributing to health outcomes. My goal is to encourage a holistic approach to promote sound mental, nutritional, and physical health through activity and education.

## Mayor's Wellness Campaign 2021



Mayor Carolyn Broullon  
&  
Highlands Recreation Department

March 2021



# Registration Page

## American Red Cross – FREE TRAINING

### Water Safety for Parents & Caregivers – Online Course

The Water Safety for Parents and Caregivers Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This online course teaches parents and caregivers about the concepts of the circle of drowning prevention, water competency and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning

<https://www.redcross.org/take-a-class/classes/water-safety-for-parents-and-caregivers/a6R3o0000012oT8.html>

## Weekday Programs

### Winter Walking Wednesdays

<https://highlandsborough.leagueapps.com/events/2140426-walking-wednesdays>

### Lunchtime Yoga with Lorna – FREE

Tuesday, March 16 at 9:00 am

[Lunchtime Yoga Break w/ Lorna : Highlands Community Center and Recreation \(leagueapps.com\)](#)

## Sunday Programs

### Phoenix Functional Fitness - FREE

Sunday, March 21 at 9:30 am

Virtual and limited in-person at the Community Center

Waiver: [www.thephoenix.org/first-visit](http://www.thephoenix.org/first-visit)

[Functional Fitness with Phoenix : Highlands Community Center and Recreation \(leagueapps.com\)](#)

### Zumba with Kaeleen - FREE

Sunday, March 14 at 9:30 am

[Zumba with Kaeleen : Highlands Community Center and Recreation \(leagueapps.com\)](#)

### Phoenix Meditation - FREE

Sunday, March 21 at 9:30 am

Virtual and limited in-person at the Community Center

[Meditation with Phoenix : Highlands Community Center and Recreation \(leagueapps.com\)](#)

# COVID 19 – The Road Back

## Expanding Testing Capacity and Contact Tracing in New Jersey

Two of the most critical steps to getting New Jersey on the [road to recovery](#) is our State's expanded testing program for COVID-19 and contact tracing strategy. Together, they are the key to saving lives and stopping the spread of this deadly disease.

Our first responders and health care workers are saving lives every day – and so can you. Your family, your friends, your neighbors – their lives are literally in your hands. So here's how you can do your part:

- **Get Tested** – Testing is now available to all New Jerseyans. You could have COVID-19 and not even know it. Protect yourself and save the lives of your loved ones and neighbors by getting tested – especially if you have symptoms, have been in close contact with someone who tested positive for COVID-19, are an essential worker, were recently in a large crowd where social distancing was hard to maintain, or recently travelled to an area or a state with high COVID-19 infection rates.
- **Answer The Phone When A Contact Tracer Calls** – You've been called because you tested positive for COVID-19 or may have come into close contact with someone who has. Contact tracers are calling with life-saving information that will keep you, your loved ones, and your community healthy.
- **Add Your Phone to the COVID Fight. Download the COVID Alert NJ App** - The app is New Jersey's free and secure mobile app that anonymously alerts users if they have been in close contact with someone who has tested positive for COVID-19. COVID Alert NJ uses Bluetooth proximity technology, never records any identifying data, and all users will remain anonymous. Download the app from the [Google Play Store](#) or [Apple App Store](#).



<https://thephoenix.org/>

The Phoenix is a nationwide non-profit organization whose mission is to build sober-active community that fuels resilience and harnesses the transformational power of connection to that together we Rise, Recover, and Live.

We offer **FREE** programming to all individuals with 48 hours of continuous sobriety, whether you are an individual in recovery from substance use disorder or mental health challenges, or simply want to live a sober lifestyle, our community is open and accessible to all.

### Winter Walking Wednesdays

Looking for someone to walk with?

Feel free to join the Recreation Department for a walk on Wednesdays at 9am leaving from the community center.

Pre-registration required.

### Lunch break Yoga with Lorna

Give yourself a break! Dissolve those tight muscles and melt your stress away with some gentle and relaxing yoga.

### Zumba with Kaeleen

**Zumba** is a fitness program that combines Latin and international music with dance moves. **Zumba** routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

### Phoenix Meditation and Functional Fitness

*Mindful Movement w/ The Phoenix is a unique combination of yoga and meditation to bring one into a more mindful state.*

This 30-minute virtual practice is designed to recharge you for the rest of the day and is accessible regardless of your surroundings, whether you are sitting in your office chair, have a yoga mat on the floor, or anywhere in between, this class is for you!

Functional Fitness is a high intensity total body workout. Focus on overall strength and conditioning utilizing short, intense intervals of movement followed by periods of rest.

*League Apps registration and Phoenix waiver required.*

Please fill out our first visit waiver at [www.thephoenix.org/first-visit](http://www.thephoenix.org/first-visit)

# YOGA POSES

1. Mountain pose



2. Tree pose



3. Chair pose



4. Revolved chair pose



5. Eagle pose



6. Standing backbend



7. Standing forward bend



8. Standing split bend



9. Cow pose



10. Cat pose



11. Plank pose



12. Forearm plank



13. Chaturanga



14. Upward facing dog



15. Sphinx pose



16. Cobra pose



## Healthy in Highlands



## Want to be in the Spotlight?

Feel free to email [recreation@highlandsborough.org](mailto:recreation@highlandsborough.org) with your healthy menu item, favorite at home healthy recipe, your favorite mocktail recipe or your favorite exercises. We are happy to include businesses and residents in upcoming months.

Stay Healthy Highlands!



# Lost & Found

## *Virtual Bereavement Support Group*

When you experience the loss of a loved one, navigating through the maze of emotion, making ordinary decisions, and finding a new rhythm to everyday can be stressful and overwhelming.

These workshops led by Beth Stamp, support facilitator, may provide an opportunity to share experiences, feelings, and new ideas for moving forward.

First and third  
Wednesday of the month  
6:45 PM

Pre-registration required

Sessions will be conducted on Webex and are free of charge.

Registration and internet access are required to attend.

Click link below to register:

<https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMode=LOGIN&curHelp=&curID=485435&tEvt=6600579>.

The link to the session will be emailed the day before the program between 3 – 4 PM, after the registration closes at noon.

Sponsored by the Monmouth County Library  
[www.monmouthcountylib.org](http://www.monmouthcountylib.org)



## INFORMATION ON VACCINES FOR COVID-19

Wednesday, March 24 at 7 PM

Sponsored by the Monmouth County Library

[www.monmouthcountylib.org](http://www.monmouthcountylib.org)

This virtual program will present information on vaccines for COVID-19 including how they were developed, how they are being used, their effectiveness and how they are tolerated.

Dr. Jay Kostman received his undergraduate degree from Cornell University and his medical degree from Yale University. After completing his Internal Medicine and Infectious Diseases training at Temple University in Philadelphia, he spent time on the faculty at the Robert Wood Johnson Medical School, Temple University and then at the University of Pennsylvania where he was the Head of the Division of Infectious Diseases at Penn Presbyterian Medical Center for 15 years. His areas of expertise include HIV infection and Hepatitis C virus infection in which he has led regional and national research efforts. Since 2015, he has been the Medical Director of the John Bell Health Center in Philadelphia, developing clinical programs for the underserved population, including directing a COVID-19 testing program in underserved areas in Philadelphia.

This session will be conducted on Zoom and is free of charge. Registration and internet access are required to attend.

Click the link below to register:

<https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMonth=3&curYear=2021&curMode=LOGIN&curHelp=&curID=489982&tEvt=6613487>

The link will be emailed the day before the program (March 23) between 3:00 and 4:00 pm, after registration closes at 12 noon.



## Rutgers Virtual Wellness Seminar –

### *Wholesome Whole Grains*

Tuesday, March 2

10:30 AM

Grains are an important source of a variety of nutrients that benefit health and well-being across the life-span. Learn about the types of grains and their differences, the health benefits of whole grains, recommended daily amounts, and simple tips for making meals interesting.

*This program will be offered by Family and Community Health Sciences  
Department Educator Sharese Porter, PhD, MPH, CHES, FCHS Sr. Program  
Coordinator Supervisor, Rutgers Cooperative Extension of Burlington and  
Monmouth Counties.*

This session will be conducted on **Zoom** and is free of charge. Registration and internet access are required to attend.

Click here to register and to receive emailed information on how to access the seminar:

[https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMonth=3  
&curYear=2021&curMode=LOGIN&curHelp=&curID=488264&tEvt=6609808](https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMonth=3&curYear=2021&curMode=LOGIN&curHelp=&curID=488264&tEvt=6609808)

Sponsored by the Monmouth County Library  
[www.monmouthcountylib.org](http://www.monmouthcountylib.org)

## Rutgers Virtual Wellness Seminar –

### *Stress Less with Diet*

Tuesday, March 23

10:30 AM

Learn about the types of stress, how healthier food choices impact stress, and explore techniques for relaxing. Sharese Porter, PhD, MPH, CHES, FCHS Senior Program Coordinator Supervisor, Burlington and Monmouth County

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Department Educator Sharese Porter, PhD, MPH, CHES, FCHS, Sr. Program  
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[https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMonth=3  
&curYear=2021&curMode=LOGIN&curHelp=&curID=488273&tEvt=6609812](https://www.eventkeeper.com/code/ekform.cfm?curOrg=MONCO&curMonth=3&curYear=2021&curMode=LOGIN&curHelp=&curID=488273&tEvt=6609812)

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