



# VILLAGE OF RIDGEWOOD

131 N. MAPLE AVENUE, RIDGEWOOD, NJ 07450

## **Ridgewood Stigma-Free Committee Meeting Minutes 9.16.25**

**Present:** Beth Abbott, Sheila Brogan, Danielle Caputo, Danielle Fabrizio, Michelle Fenwick, Corinne Scarpa, and Councilwoman Siobhan Winograd

### ***Item 1: Welcome and Recap of Recent Events***

- There was a delay due to unforeseen circumstances.
- Danielle Caputo recapped recent events:
  - On 8/31 International Overdose Awareness Day was marked with signs and flags at Village Hall. Carol, the Village's Communications Director shared photos on social media.
  - On 9/12 Youth Mental Health First Aid Training was conducted. Six attended including residents and out-of-district teachers/counselors.
  - On 9/13 kick-off events were held for the 1 Million Minutes of Wellness Challenge Mayors Wellness Campaign. There was a good turnout. The committee is encouraged to get the message out about the challenge. The challenge is being held until December 5<sup>th</sup>. Michelle and Sheila have publicized the campaign within the schools. Siobhan suggests a breathing exercise at a Council or BOE meeting. Shelia will think about BOE. Danielle C. will check into this, and Siobhan can find someone to lead if it is approved.

### ***Item 2: Approval of August Minutes***

- Beth motioned that the minutes be approved and Siobhan seconded. All in favor.

### ***Item 3: Village Council Report, Siobhan Winograd***

- October Access week activities are planned and will be publicized soon. Being held October 14<sup>th</sup> to October 19<sup>th</sup>.
- Various recent endeavors/decisions will increase park land in Ridgewood and thereby be good for wellness.
- The Kensington assisted living proposal was defeated by the Council. Kensington and Fair Share Housing will litigate. Kensington may come back with a modified proposal. Initial proposal was to include 12 affordable beds.

### ***Item 4: Sing! for Mental Health Project***

- Danielle reviewed the Sing! for Mental Health Project and wonders if the committee wants to work on this together. Siobhan suggests a separate email group to communicate about this to share with community members, especially those a part of The Guild and Jamboree.

- Corinne shared that a clinician at Bergen New Bridge Medical Center submitted a video.
- Danielle mentioned you must be 18 years or older to participate and that the video must have an arts/ musical aspect to it. Cynthia Chazen from the Governor's Council is more than happy to connect with anyone who may be interested to participate in this initiative.

#### ***Item 5: Committee News/ Upcoming Events***

- Danielle Fabrizio spoke about upcoming events at Valley, including a virtual program on November 4<sup>th</sup> titled, Sober Curious: Exploring Life Beyond the Buzz. It is being run by the Recovery Wellness team. Other events include Pelvic Health Matters (at library), the walking group, Surgical Solutions for Hernias (virtual), and at the Senior Health and Wellness Fair on 11/19, Valley will speak about diabetes.
- Siobhan suggested Danielle F. check out a resource a magazine about being alcohol free called, AFTER Alcohol-Free Magazine. The website is [aftermagazine.com](http://aftermagazine.com).
- Discussion about possible vaccine rule changes occurred. Danielle C. and Danielle F. will both look into this so that we can publicize to residents.
- On October 7<sup>th</sup> there will be a Flu Clinic in Ridgewood from 10 am – 12 pm. Open to residents and staff/ employees of Ridgewood.
- Danielle C. mentioned that September is Suicide Prevention Month. She encouraged the group to spread helpful information. Siobhan said the Council made a proclamation about suicide prevention. Siobhan suggested Danielle reach out to Carol to post on social media as well.
- October 6<sup>th</sup> is Knock Out Opioid Abuse Day. The Council will issue a proclamation about this on October 8<sup>th</sup>. Siobhan mentioned she would like to have Narcan kits at the Council Meeting. She will pick up kits from the Health Department.
- On October 28<sup>th</sup> there will be a Narcan training session from 6:30-7 pm at Village Hall. Narcan will be distributed to participants 18 and over (cannot be distributed to younger since this is a county event). Shelia suggested to share with schools.
- The 1 Million Minutes Wellness Challenge will continue until December 5<sup>th</sup>. The group is encouraged to log their minutes and spread the word. The Ridgewood YMCA is offering a punch card for 10 free visits and a discount for joining the Y. More information about the challenge can be found on the Village webpage.
- The Senior Health and Wellness Fair is set for 11/19. It's in the midst of being planned.

**Meeting adjourned at 4:01 pm.**

**Next Meeting October 21, 2025 at 3:00 pm via Zoom**