

Claire Toth <ctoth@cityofsummit.org >

Sun, 26 Jul 2026 11:59:14 AM -0400

To "John Migueis"<jm@nj21st.com>

Cc "Elizabeth Fagan"<efagan@cityofsummit.org>,"Andrew B. Smith"<asmith@cityofsummit.org>,"Michelle Kalmanson"<mkalmanson@cityofsummit.org>

Our police chief provided the following information:

So everyone is aware, the Summit Police Department places a strong emphasis on the health, wellness, and resiliency of our officers.

Every day, our officers are called upon to respond to situations involving tragedy, violence, death, serious injury, mental health crises, and other highly stressful events. Over the course of a career, these repeated exposures can have a significant cumulative impact on both an officer's mental and physical well-being. In addition to these psychological stressors, the profession also places considerable physical demands on officers through shift work, sleep disruption, strenuous training, extended emergency operations, and the daily requirement of wearing heavy protective equipment.

Recognizing these realities, the law enforcement profession has increasingly shifted its focus toward comprehensive wellness and resiliency initiatives. Agencies throughout New Jersey and across the country have expanded investments in officer wellness through peer support programs, mental health resources, fitness initiatives, nutritional education, stress management techniques, and recovery modalities designed to improve both physical recovery and psychological resilience.

The sauna is being purchased as one component of the Summit Police Department's broader wellness program. It is intended to serve as a recovery tool following physically demanding training, prolonged emergency responses, and other occupational stressors associated with police work. While it is not a substitute for medical treatment or physical conditioning, research continues to demonstrate that heat therapy may support muscle recovery, reduce stress, improve sleep quality, and contribute to overall cardiovascular health. These benefits will undoubtedly assist our officers in maintaining the level of readiness necessary to effectively serve our community.

As Chief of Police, I believe I have an obligation not only to equip our officers with the tools necessary to protect the public, but also to provide resources that help safeguard their own physical and mental health. Officers who are healthy, resilient, and prepared are better equipped to make sound decisions, perform effectively under pressure, and continue providing the high level of professional service our residents have come to expect.

The Summit Police Department remains committed to fostering a culture that recognizes the importance of officer wellness. Prioritizing the mental and physical health of those who serve our community is not a luxury; it is an investment in the long-term effectiveness of our organization and, ultimately, in the safety and well-being of the community we are privileged to serve. It also serves as a recruitment benefit in a time when applicant numbers have been increasingly declining.

Lastly, the money to purchase the sauna is coming from a Federal Asset Forfeiture Account and not costing the City anything but a utility bill. Originally we attempted to offset the costs with the NJ Attorney General Office grant below; however, we were not picked. That being said, our application was perfectly in-line with the recommended uses for the award money.

STATE OF NEW JERSEY
DEPARTMENT OF LAW AND PUBLIC SAFETY
OFFICE OF THE ATTORNEY GENERAL

2026 NEW JERSEY LAW ENFORCEMENT
WELLNESS AND RESILIENCY GRANT



PROGRAM ADMINISTRATION
AND GUIDELINES

December 2025

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[LEWG-Program-Guidelines](#)
[PDF Document - 225 KB](#)

Cheers--

Claire E. Toth
Councilmember, Ward 2
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From: John Migueis <jm@nj21st.com>

Sent: Saturday, July 25, 2026 2:07 PM

To: Elizabeth Fagan <efagan@cityofsummit.org>; Claire Toth <ctoht@cityofsummit.org>; Michelle Kalmanson <mikalmanson@cityofsummit.org>; Andrew B. Smith <asmith@cityofsummit.org>; Jamel Boyer <jboyer@cityofsummit.org>; Jaclyn Lasaracina <jlasaracina@cityofsummit.org>; Chantal Landman <clandman@cityofsummit.org>; Dan Crisafulli <dcrisafulli@cityofsummit.org>

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Good Afternoon Mayor Fagan and Council Members,

Can you please provide context to the 17k on the current agenda for a sauna? Will be publishing the agenda breakdown monday morning. Thank you!

John Migueis

Editor

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