

The Talk of the Town

Brought to you by the Pequannock Township Health Department
Serving the Town of Boonton, Florham Park, Kinnelon, Pequannock, and Riverdale

NO BUMMERS THIS SUMMER!

SUNNY DAYS, SHARPER MINDS^{1,2,3}

Summer means taking a trip down memory lane or creating new, timeless snapshots with family, friends, and neighbors! But, don't let your brain take too long a vacation! Neurons, sometimes called nerve cells or brain cells, receive input from the world around us, translate it into chemical and electrical signals, and send those signals throughout our bodies. Our neurons can range from 4 to 100 microns in size — that's smaller than one single strand of hair! The number of neurons in our brains will peak during our early 20's, but despite this, we continue to learn and grow every day. When we learn something new, our neurons form connections. As neurons connect, they build a new circuit of information; these circuits are called synapses. Our synapses get stronger or weaker depending on how often we're exposed to an event. The more we're exposed, the stronger the connections, and thus, our memory of it. Research shows that strengthening our memories *is* possible, and as part of that, it's important to protect our brains. This means preventing and controlling chronic diseases, maintaining a healthy weight, being physically active, eating well, quitting smoking, averting head injuries, and, for adults, sleeping seven to nine hours a night. Additionally, don't bury your head in the sand: stay social, try new things, and take part in diverse experiences. So, this summer, learn a new language with a friend, take a dance class with strangers, or use your non-dominant hand to brush your teeth. And then, keep it up! Do whatever you like that keeps your synapses smooth-sailing, active, and adventurous!

SPLASH SMART^{4,5}

When it comes to water safety, don't just go with the *tide*! In children ages 1 to 4 years old, drowning is the number one cause of death; for those 5 to 14 years old, it is the second leading cause of unintentional injury death. Thus, whether fresh water or sea water, high tide or low tide, make sure you have a good water safety guide. This means using physical protective measures in addition to behavioral best practices. Start by sharpening swimming skills. This includes knowing how to enter the water well, take a breath, stay afloat, change positions, tread water, swim a short distance, and get out of the water safely. Next, consider learning CPR so you know what to do should there be a water emergency. Then, even when a lifeguard is present, *castaway* doubt and choose a 'water watcher.' A 'water watcher' provides close and constant attention to swimmers. If you see someone drowning, be cool as a cucumber and remember: "reach or throw, don't go." Although there's *plenty of fish in the sea*, it's best to buy an age- and size-appropriate, U.S. Coast Guard-approved life jacket that you know how to use. Floaties can give a false sense of security. Even if you don't think you'll be in the water while boating or fishing, wear a life jacket. Read up on conditions for the day like river currents and ocean rip currents. And, finally, swim sober. With good water safety, the world is your oyster!



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HIGHLIGHTS OF HAPPENINGS

WEEKLY ROTARY MEETING

Learn more about your local Rotary Club at their weekly breakfast. No registration required and guests welcome!

Every Friday at 7:47am in the Florham Park Diner

Click [here](#) to find out more!

CHC CLINICS

This program offers well child care and free federally funded vaccines to children for the communities which we serve. For more information and dates of the Child Health Conference, please contact the Pequannock Public Health Nurses at 973-835-5700 X 109 or 135.

WEEK-IN-REVIEW

Stretch your mind and connect with your community by discussing the latest topics of today in this weekly discussion group! Rm. 3 of Kinnelon Public Library.

Friday, August 22nd

1:00pm-3:00pm

Register at kinnelonlibrary.org/calendar.

RABIES CLINICS

Rabies clinics are available in Morris County throughout 2025 and are available at no cost to NJ residents.

Visit the link below for more information:

<https://www.morriscountynj.gov/Residents/Public-Safety/Rabies-Clinics>

MUSIC ON MAIN

Enjoy live music up-and-down Boonton's Main Street while you shop, dine, and have a fine time. The more the merrier!

First Fridays in June, July, & August 5:30pm-8:30pm

For more info, like parking, click [here](#).

FRIENDS OF THE LIBRARY TRICKY TRAY

A time-honored Pequannock tradition with a chance to win prizes!

Saturday, September 27th

Beginning at 10:00am

More info to come soon - check [here](#).



LOCALS HELPING LOCALS

FLORHAM PARK FOOD PANTRY

Located at Holy Family Parish in Florham Park
Contact Anne Platoff at 973-822-0430 or Sharon Carr at 973-568-5932
<https://holyfamilyfp.org/food-pantry>

KINNELON FOOD PANTRY

Located at Church of the Nazarene in Kinnelon
Contact the church at (973) 838-1027
<https://www.kinnelonboro.org/cn/webpage.cfm?tpid=8915>

LOAVES & FISHES COMMUNITY FOOD PANTRY

Located at the First Presbyterian Church in Boonton
Contact Marjorie B. Roller at marjorie.roller@lfcfp.org or (862) 222-3006
<https://www.lfcfp.org/>

PEQUANNOCK TOWNSHIP FOOD PANTRY

Located in Friendship Hall at the First Reformed Church in Pequannock
Contact the church at (973) 835-1145
<https://firstreformedchurch.com/connect/food-pantry-/>

RIVERDALE FOOD PANTRY

Located at the Riverdale Community Center in Riverdale
Contact Darinda Norris at (973) 714-7141 or Michael Carelli at media@riverdalenj.gov
<https://www.riverdalenj.gov/pages/riverdale-food-pantry>

THE TOWN OF BOONTON FOOD PANTRY

Located in the Former Bank Building next to Town Hall (100 Washington Street)
Contact Lucille Rockis or Grace Ryerson at (973) 402-9410 ext. 634
<https://www.boonton.org/630/Food-Pantries-Financial-Assistance>

HEALTHY RECIPES FOR RECIPIENTS

SUMMER SIZZLE CHICKEN BURGERS

INGREDIENTS

For Burger Patties:

- 2 tsps extra-virgin olive oil
- 1 large onion, finely chopped
- ½ tsp ground paprika
- 1 tsp ground coriander
- ½ tsps red pepper flakes
- 1 ½ tsps kosher salt
- 2 tsps black pepper
- 2 cloves garlic, minced
- ⅓ cup chopped parsley
- 1 pound ground lean chicken
- ¼ cup sour cream
- 3 tbps pomegranate molasses, for brushing

For Fixings:

- 4 whole wheat buns, toasted
- 1 tomato, thinly sliced
- 1 cucumber, thinly sliced**
- 1 small red onion, thinly sliced
- 1 lettuce bunch or other greens, roughly chopped

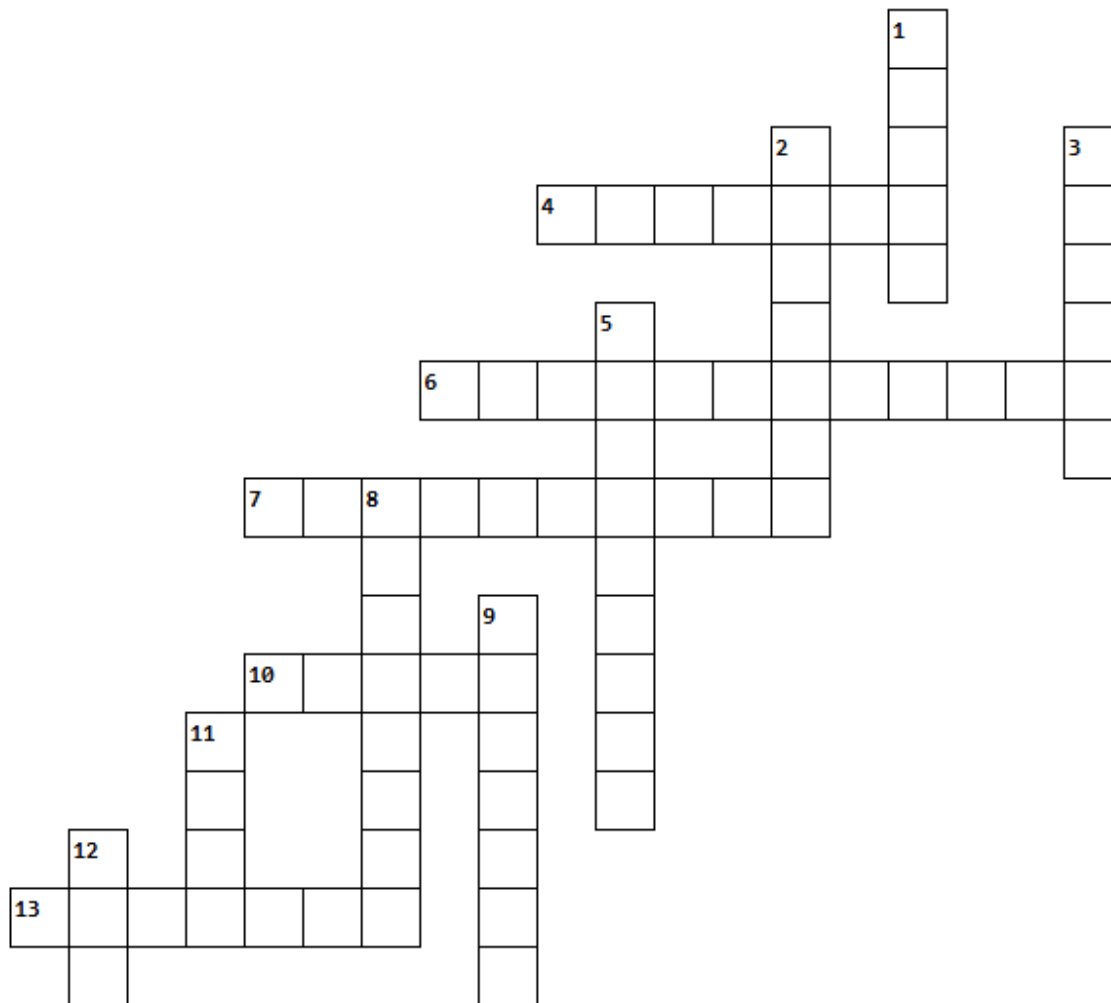
DIRECTIONS

(Yields 4 servings)

1. Heat the olive oil in a skillet over medium heat; add the onion, paprika, coriander, pepper flakes, ½ tsp of the kosher salt, and 1 tsp of the black pepper. Cook until the onions are tender, about 5 minutes. Stir in the garlic and parsley and cook until garlic is fragrant, about 1 minute more. Transfer to a large bowl and let cool slightly.
2. Once cooler, stir in the ground chicken and sour cream until the onions, garlic, and spices are evenly mixed in. Shape into four, ½ inch thick patties. Season patties with remaining salt and black pepper.
3. Cook the patties in a nonstick skillet over medium heat until browned and cooked through, about 5 minutes per side, or until an instant-read thermometer inserted into the burgers reads between 165 - 170 degrees F. Brush the cooked burgers with pomegranate molasses and allow to rest for 5 minutes. Serve on toasted buns with as many fixings as you like!

****Note:** May substitute cucumbers for pickles, if desired.

CROSSWORD



ACROSS

- 4** Types of experiences that aid in a stronger, healthier memory
- 6** This is a person who provides close and constant attention to swimmers (hint: not a lifeguard)
- 7** West Nile Virus is spread by the bite of this insect
- 10** When helping someone who is drowning, remember "_____ or throw, don't go"
- 13** These are sometimes called nerve cells or brain cells

Ready for the answers? Email your Health Educator, Cassidy Dock, at CDock@Peqtwp.org to find out!

DOWN

- 1** Room that the Week-in-Review occurs at the Kinnelon Public Library
- 2** Day of the week Boonton Music on Main happens
- 3** Florham Park's _____ Club meets every Friday morning
- 5** Month that the Pequannock Friends of the Library's Tricky Tray occurs in
- 8** These are circuits of information built by strings of neurons
- 9** Protein featured in this quarter's healthy recipe
- 11** Part of the body which neurons are smaller than
- 12** Quickly changing out of this type of clothing will stave off UTIs



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UPDATES & RESOURCES

UTIs^{6,7}

A UTI, or a urinary tract infection, is an infection of any part of the urinary system, like some or all of the kidneys, ureters, bladder, and urethra. Mistakenly, some believe that only women get UTIs, but men can, too. Symptoms may include cloudy/discolored urine, pain/burning during urination, urinating more frequently/in small amounts, pelvic pain/pain in the lower back or ribs, and sometimes even fatigue or fever. In summer, prevent UTIs by changing out of wet clothes quickly, urinating after sex, and staying hydrated. Talk with your doctor about your risk status, including menopause progression and birth control choices.

WEST NILE VIRUS^{8,9}

West Nile Virus (WNV) is a virus that spreads through mosquito bites. Although most have no symptoms, 1 in 5 people have fever, rash, and muscle aches. In serious cases, WNV may cause brain inflammation (encephalitis) and spinal cord inflammation (meningitis). While found throughout the world, it's the most common mosquito-transmitted virus in the U.S. During N.J.'s 2024 summer alone, more cases were seen earlier in the year than previous years. Protect yourself by using insect repellent, covering your skin, draining standing water (where mosquitoes like to breed), and keeping screens and doors closed, when possible.

SOURCES

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3. National Institute on Aging. (2024, June 11). *Cognitive Health and Older Adults*. <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>
4. American Red Cross. (n.d.). *Water Safety*. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html?srsltid=AfmBOoqQ8K7YC4bhF_y2iMLPiB9fwX7RI0ksKJ05IWImMerI36pm50JL
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6. Beaufort Memorial Hospital. (2023, July 13). *How to Prevent UTIs From Messing With Your Summer Vibe*. <https://www.bmhsc.org/blog/how-to-prevent-utis-from-messing-with-your-summer-vibe>
7. Mayo Clinic. (2022, September 14). *Urinary tract infection (UTI)*. <https://www.mayoclinic.org/diseases-conditions/urinary-tract-infection/symptoms-causes/syc-20353447>
8. Cleveland Clinic. (2023, October 16). *West Nile Virus*. <https://my.clevelandclinic.org/health/diseases/10939-west-nile-virus>
9. New Jersey Department of Health. (2024, August 1). *First Cases of West Nile Virus Reported in New Jersey*. <https://www.nj.gov/health/news/2024/approved/20240801d.shtml>

MENTAL HEALTH

- [Morris County Human Services](#)
- [New Jersey Human Services](#): 1-800-985-5990
- Substance Abuse and Mental Health Service Administration 24 Hour Hotline: 1-800-985-5990
- [Suicide and Crisis Line](#): 988
 - Available for texts or calls
- Find a treatment facility near you at findtreatment.gov.

COVID-19

- [NJDOH Dashboard](#)
- [Statewide and Regional COVID Activity Report and Risk Level by County](#)
- [Morris County-Based](#)
- [Atlantic Health Testing Sites](#)
- [Atlantic Health Vaccination](#)



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