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

FALL HEALTH SPOTLIGHT



TOASTED SKIN SYNDROME [1,2]

The fall may mean toasting marshmellows, but it should not mean toasting skin! Toasted skin syndrome is a real syndrome that comes from subjecting the skin to low levels of heat, like a having a laptop on your lap, more often than not. It can also occur when the skin has been exposed to higher levels of heat less frequently.

Although it may sound like a heat rash, the two conditions are different. A heat rash is a temporary reaction caused by blocked sweat glands, resulting in small bumps or blisters. Whereas toasted skin syndrome has nothing to do with sweat glands and everything to do with blood vessels. That heat exposure mentioned earlier causes the blood vessels to dilate which results in the skin appearing to be red and rash like. Along with what the appearance of the skin changing, other symptoms can include the skin feeling itchy or even having a stinging sensation.

It may sound scary, but toasted skin syndrome is not generally considered to be dangerous. There are very rare cases in which toasted skin syndrome went untreated and certain types of skin cancer were associated with it. But, this can be easily avoided by keeping items and/or materials that are hot away from direct contact with the skin. Of course, the fall and winter weather can warrant a heated blanket or seat warmer in the car, but try to keep it at a minimum to reduce the risk of toasted skin syndrome.

Something important to know is that in some cases, people who have prolonged or repeated heat exposure to their skin have had discoloration that can become permanent. Depending on the severity, a healthcare provider may recommend treatment. There are different treatments ranging from a topical cream to laser removal and all are meant to assist in helping to reduce persistent skin pigmentation change. Keep your space heater on, but if skin discoloration appears or if changes to the skin seem to be happening stop heat exposure. And, as always, if there is ever any concern, schedule an appointment with your health care provider or a dermatologist.

RAYNAUD'S [3,4]

Cold weather can mean more than big sweaters for some. Cold weather along with stress may cause people with Raynaud's syndrome to experience numbness and even color change in their fingers, toes, nose, lips, and/or ear lobes. Most commonly, those who experience "attacks" of Raynaud's will have the smaller blood vessels in fingers and toes constrict more than they should causing the fingers and/or toes to turn bright white or even blue in color along with the other symptoms mentioned. Experiences can vary depending on what type of Raynaud's syndrome someone may have.

There are two main types of Raynaud's:

- **Raynaud's Disease (primary Raynaud's):** Happens organically without any other health issues triggering it.
- **Raynaud's Phenomenon (secondary Raynaud's):** Typically occurs consequently because of underlying medical conditions or life style factors.
- **Raynaud's Syndrome:** The general term used to describe Raynaud's, disease or phenomenon.

No matter what the cause is, those who experience Raynaud's syndrome can help to prevent attacks by avoiding cold temperatures and incurring excess stress. In the real world, these things may be unpreventable so it's important to know that Raynaud's symtoms typically only appear for short periods of time. Symptoms should go away on their own, but if there is ever any concern, please contact a healthcare provider for additional support.



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HIGHLIGHTS OF HAPPENINGS

FRIGHT FEST

Kick off the spooky season with Riverdale's Fright Fest! This **free** event requires no pre-registration and is fun for everyone.

Tuesday, October 13th
6:00pm-9:00pm
Click here to learn more!

HOEDOWN

Township of Pequannock is having their annual Hoedown and it will have music, food trucks, pumpkin patch, rides and so much more!

Saturday, October 17th
11:00am-5:00pm
Click here to learn more!

TREE LIGHTING & MORE

The Boonton Holmes Public Library is offering a tree lighting, visit with Santa and Mrs. Claus, as well as a performance by Grace Notes Brass. Join in the Christmas spirit!

Friday, December 4th
Click here to learn 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.

RABIES CLINICS

Rabies clinics are available in Morris County throughout 2026 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

COOKIE DECORATING

Decorate cookies in the Florham Park Library! Two sessions available depending on age group.

Monday, November 30th
Registration opens on November 1st
Click here to learn more!



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

HEALTHY MAC & CHEESE RECIPE

INGREDIENTS

- 1 head broccoli (about 2-3 cups florets)
- 3 Tablespoons avocado oil, divided
- salt/pepper (to taste)
- 16 ounces whole wheat elbows or shells
- 1 pound butternut squash, peeled and cubed (about 4 cups)
- 1 cup chicken or vegetable broth
- 1 1/2 cup milk
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 2 teaspoons nutritional yeast (optional)
- 2 1/2 cups shredded cheddar cheese
- 1/2 cup cooked turkey bacon

DIRECTIONS

1. Preheat the oven to 425 F. Toss the broccoli with 1 tablespoon of oil, salt, and pepper, then roast for 18-20 minutes, or until tender.
2. While the broccoli roasts, prepare the pasta according to the package directions. Drain and set aside.
3. Saute the butternut squash in the remaining oil for 4-6 minutes. Add the broth, bring to a simmer, cover and cook for 15-20 minutes until tender. Stir in the milk, blend until smooth, then return to the pan. Add the seasonings, nutritional yeast (if using), and shredded cheese, stirring until melted.
4. Toss the cooked pasta with the cheese sauce, then stir in the roasted broccoli and cooked bacon. Serve warm.

CROSSWORD



ACROSS

4. What does toasted skin syndrome impact?
6. What causes Raynaud's symptoms to appear?
8. What consume about 1.5% of global electricity?
10. What is common street name for fentanyl?
11. What fall vegetable is used in this quarter's recipe?

Submit your answers here for a chance to win this quarter's prize!
https://www.surveymonkey.com/r/2026PQQ4



DOWN

1. What can you decorate at the Florham Park Library on November 30th?
2. What town is fright fest in?
3. What state has the most cases of Sickle Cell disease per capita?
5. What synthetic opioid is often mixed with other drugs?
7. What are teens more likely to use than tobacco?
9. What event can you go to with music, food trucks, and more?

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POINTERS FOR PARENTS



BEYOND THE HIGH: HOW MARIJUANA & FENTANYL AFFECTS OUR KIDS [5,6,7,8]

WHAT IS MARIJUANA?

Marijuana is derived from the cannabis plant and contains psychoactive compounds, primarily THC (tetrahydrocannabinol), which can affect mood, perception, and behavior. CBD (cannabidiol), another compound found in cannabis, is non-psychoactive and is often used for medicinal purposes. Understanding and discussing the risks of marijuana use can help your children make informed decisions.

MORE TO KNOW

Today's teens are more likely to use marijuana than tobacco. Due to children's brains developing until they're about 25 years old, they are particularly vulnerable to the harmful effects of THC. The marijuana available today contains two to three times more THC than in the past, while CBD levels remain around 1%. This means that the psychoactive component responsible for the high is increasing, while the ingredient associated with many medical benefits has not changed significantly.

LONG-TERM IMPACT

Long term effects of marijuana may include:

- Lower intelligence aka lower IQ
- Cannabis Use Disorder which is defined as frequent marijuana use, difficulty controlling the use, and experience cravings or withdrawals
- Mental health problems such as anxiety, depression, irritability, moodiness, risk of suicide, schizophrenia
- Respiratory problems being coughing, wheezing, and/or trouble with physical activity
- Decreased motivation that could look like a decline in academic or occupational performance

SHORT-TERM IMPACT

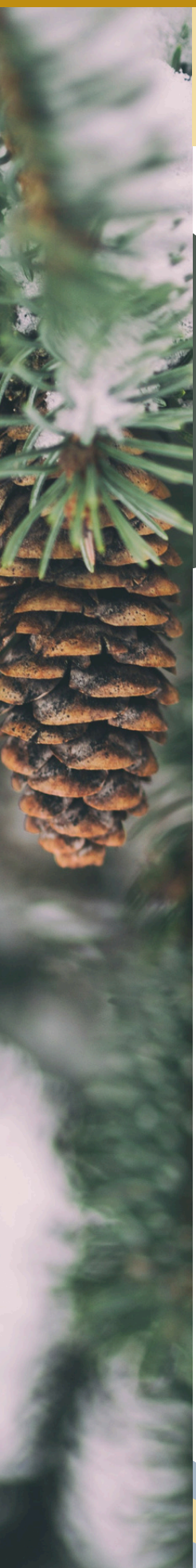
Short term effects of marijuana may include:

- Physical changes like red eyes
- Negative mental reactions in some cases, irritability
- Memory impairment
- Time perception and attention where reaction time and coordination is impaired
- Potential addiction: approximately 3 in 10 people who use cannabis have cannabis use disorder. The risk is greater in youth or adolescence



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POINTERS FOR PARENTS



BEYOND THE HIGH: HOW MARIJUANA & FENTANYL AFFECTS OUR KIDS [5,6,7,8]

FENTANYL

Fentanyl is a very powerful synthetic opioid that while it may be prescribed legally to treat severe pain, illicitly manufactured fentanyl is now widely available on the streets. Often mixed with other drugs like heroin, cocaine, or marijuana, fentanyl enhances their effects while significantly increasing the risk of overdose. Its low production cost further fuels its prevalence in the drug market, posing a serious challenge to adolescents and even adults.

MORE TO KNOW

Fentanyl is 50 times more potent than heroin and 80 to 100 times stronger than morphine. For adults, a lethal dose is as small as two grains of salt. Due to its extreme potency, even brief exposure can be fatal for children. It's crucial for parents to remain vigilant and informed, as fentanyl can be mixed into pills or powders without any visible indication. Kids typically aren't seeking out fentanyl, making it especially dangerous, as it can easily hide in plain sight.

IMPACTS & SIGNS

Impacts:

- Death
- Long-term cognitive impairment
- Overdose

Signs of Overdose:

- Abnormally falling asleep
- Choking sounds
- Discolored skin
- Limp body
- Pinpoint pupils (small and constricted
- Weak or no breathing

COMMON STREET NAMES

- Apache
- Dance Fever
- Friend
- Goodfellas
- Jackpot
- Murder 8
- Tango & Cash

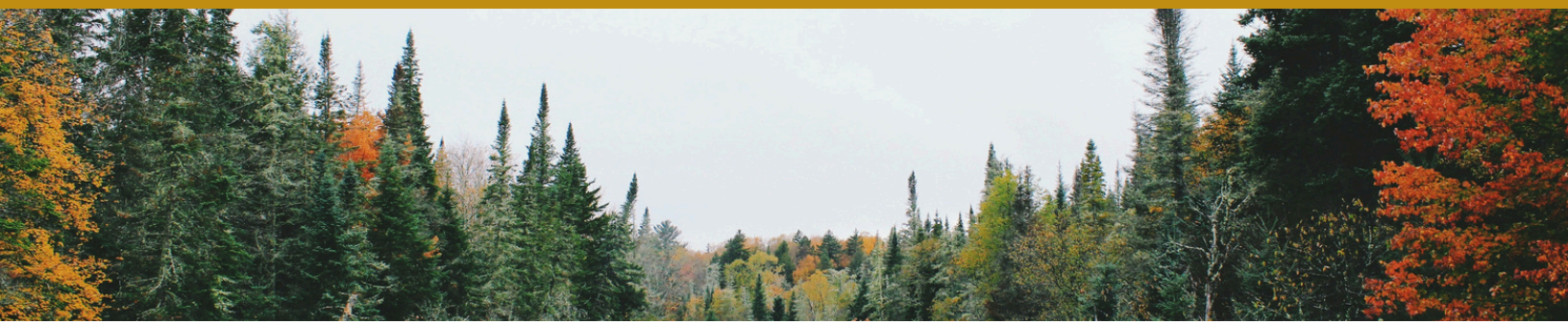
Children that are at high risk are the casual users, partygoers, experimenters, regular users, and unsuspecting bystanders who may come in contact with fentanyl. If you suspect your child is overdosing, make sure to call 911, administer Naloxone if it's available, try to keep your child awake and breathing, and lay the child on the side to prevent choking until help arrives.

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A MESSAGE FROM YOUR HEALTH OFFICER



The Pequannock Township Health Department is privileged to serve the five Morris County municipalities of Florham Park, Kinnelon, Riverdale, the Town of Boonton and the Township of Pequannock.

Recently, the Pequannock Health Department worked with elected officials across all five municipalities to create and adopt important pieces of legislation to better protect the health and safety of the public. One such ordinance now regulates establishments that offer electronic smoking devices, commonly known as vapes, and psychoactive substances. Psychoactive substances are those substances that change the function of the nervous system and alter perception, mood, cognition, awareness, thoughts, feeling and/or behavior. Many of these substances are intoxicating and highly addictive. Many are prohibited by law or are only available by prescription from healthcare providers. Others are loosely regulated, if at all, and may be readily available at retail businesses within our communities.

The new ordinance empowers the local health department to enforce age of sale restrictions, prohibit certain substances and marketing practices, require education through the posting of signage and ensure that only lawful substances remain available at retail locations. The ordinance further requires that these establishments obtain licenses to offer such products or vapes. In addition to facing fines, penalties and legal action, offenders risk suspension or revocation of the license to conduct this type of business.

The Health Department is working closely with law enforcement agencies including the local and Morris County prosecutors, especially when illegal substances or drugs are identified. These products sometimes target children and may be available at local retail stores where minors frequent. For this reason, the new "Pointers for Parents" section of the newsletter will include, among other things, information about some of these substances that children may be exposed to and the dangers, if used . School districts have been asked to include this newsletter in their routine parent communications moving forward. Each quarterly edition is also available on the Pequannock Health Department's newsletter webpage, at https://www.peqtwp.org/181/Newsletters.

Yours in Good Health,

Thomas Cantisano
Health Officer
Township of Pequannock Health Department

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UPDATES & RESOURCES

SICKLE CELL[9]

There has been an exciting breakthrough in the treatment of sickle cell disease. On June 22, 2026, 23 year old Daniel Cressy became the first patient in Louisiana to receive gene-editing therapy at Manning Family Children's. Sickle cell disease is the most common inherited blood disorder in the world, and Louisiana has more cases per capita than any other state in the United States. Manning Family Children's is one of only a select number of hospitals nationwide offering both FDA approved gene therapies for sickle cell disease. This milestone represents an important step forward in the treatment of sickle cell disease! For more information click here.

AI DATA CENTERS[10]

Data centers consume about 1.5% of global electricity, and the demand is heavily concentrated in certain regions. According to the International Energy Agency (IEA), data centers approximately use 485 terawatt-hours (TWh) of electricity for AI related activities. Data centers support much more than AI, they power many of the digital services we use every day, including internet browsing or streaming. The growing demand from AI data centers raises important conversations about environmental impacts, effects on local communities and the future of AI technology. With unknown impact to the public's health, keep an eye on changes happening in your community. For more information visit https://ourworldindata.org/

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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