

The Talk of the Town

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

SPRING INTO ACTION

A SPOTLIGHT ON SUNLIGHT^{1,2}

About 109 times larger than the Earth and impacting the largest organ in the human body, **the sun** is making it's come back! Although we typically hear about the need to limit exposure to the sun, it is equally important to know about the health and wellness benefits that the sun can give us.

First on the list is vitamin D production. Our bodies are able to photosynthesize vitamin D from the sun helping to promote bone health. Believe it or not, if you live in New Jersey you are only able to produce vitamin D from the sun from April till October due to the sun's position in the sky. So get out there now while supplies last!

The sun's rays are also able to create a reaction in the body that can help to ward off autoimmune diseases. Along with prevention, sunlight can be of use in the treatment of certain autoimmune disorders such as psoriasis and other skin disorders.

Now that the days are getting longer and the nights are getting shorter, serotonin is on the rise. Serotonin is typically associated with a boost in positive moods and an escalation in one's ability to focus. Let the sunlight shine in and get some light in your eyes during the day for a jump in serotonin levels.

The advantages of the sun don't stop there. The melanocytes in our skin are known to be endorphin receptors meaning that our bodies can convert sunlight into endorphins.

With all of the good the sun can do, it can still be harmful. Wear sunscreen during the day and consult with a healthcare provider, such as a dermatologist, on how much sun exposure you should be getting daily.

SAFE SPRING CLEANING³

Are dust bunnies hopping out from under the bed while you look for that remote you lost three months ago? Then open up the windows and grab the gloves, it's that time of the year again! The benefits of spring cleaning are immense, but don't disregard the dangers.

While gearing up to clean, make sure that you practice proper **personal protective equipment (PPE)**. Cleaning agents are meant for certain surfaces, not our skin, so make sure to wear protective clothing, gloves, and a mask, when necessary, to prevent skin irritation or inhalation.

Once dressed and ready to go, grab your cleaning agents! For anyone who loves aesthetically pleasing containers or circuit labels, so sorry to let you know that cleaning agents should remain in their original containers. This way they are used properly and not mistaken for any other substance that could lead to poisoning.

When all cleaning agents are in the correct containers, **do not mix them together**. This can lead to a noxious gas and/or poisoning. If there is a stubborn area that needs to be cleaned, try using a more abrasive sponge instead of mixing cleaning agents together.

Keep all cleaning agents, laundry products, and other chemicals away from children's reach. Their help can be used in other ways that don't involve cleaning agents. Stay safe this spring!



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HIGHLIGHTS OF HAPPENINGS

FLORHAM PARK TOWN WIDE YARD SALE

Sign up thorough [Google Calendar](#).
Saturday, May 11th 2024
9:00am-5:00pm

BLOOMINGDALE LIBRARY'S SATURDAY STORY TIME

Held on Saturday's from 10:30am-11:15am.
For more information go to the [Bloomindale Library's website](#).

RIVERDALE LIBRARY'S GENTLE YOGA

Held on Friday's throughout the second quarter from 9:30am-10:30am.
Click [here](#) to RSVP.

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 2024 and are available at no cost to NJ residents.
Go to the link below for more information:
<https://www.morriscountynj.gov/Residents/Public-Safety/Rabies-Clinics>

SKIN CANCER SCREENING

Pequannock Senior House
530 Newark Pompton Turnpike
Pompton Plains, 07444
May 21st 2:00pm - 6:00pm
Call (908) 461-9960 for more information.



LOCALS HELPING LOCALS

BLOOMINGDALE FOOD PANTRY

Located at the Bloomindale United Methodist Church in Bloomindale
Contact the Church Office at (973) 838-5140 or email bumc65@aol.com
<https://bloomindaleumc.org/>

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 Boonton Town Hall, Second Floor, Near the Health and Construction Departments
Contact Lucille Rockis at (973) 402-9410 ext. 634
<https://www.boonton.org/630/Food-Pantries-Financial-Assistance>

HEALTHY RECIPES FOR RECIPIENTS

PARTY CORN

INGREDIENTS

- 2 tbsp olive oil
- 1/2 cup red onion, chopped
- 1 small orange bell pepper, diced
- 2 tbsp unsalted butter
- Corn kernels from 5 ears of yellow or white corn (approximately 4 cups)
- 1 1/2 tsp kosher salt
- 1 tsp ground black pepper
- 2 tbsp basil, chives and/or parsley leaves, chopped

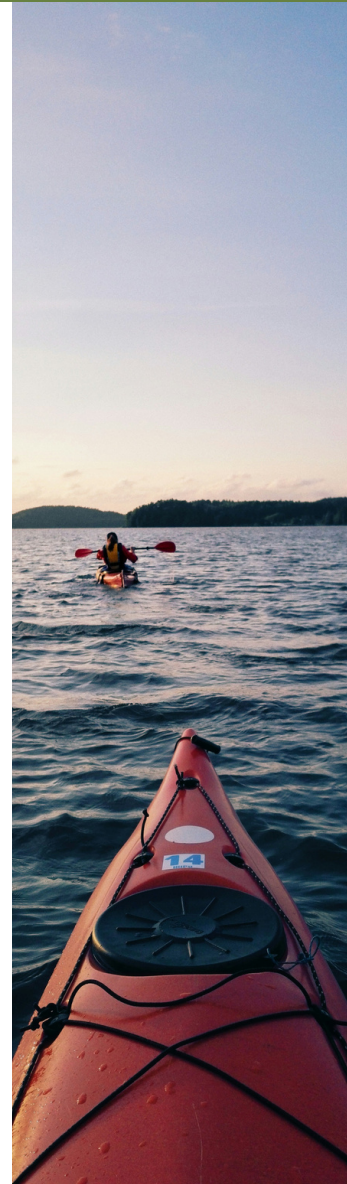
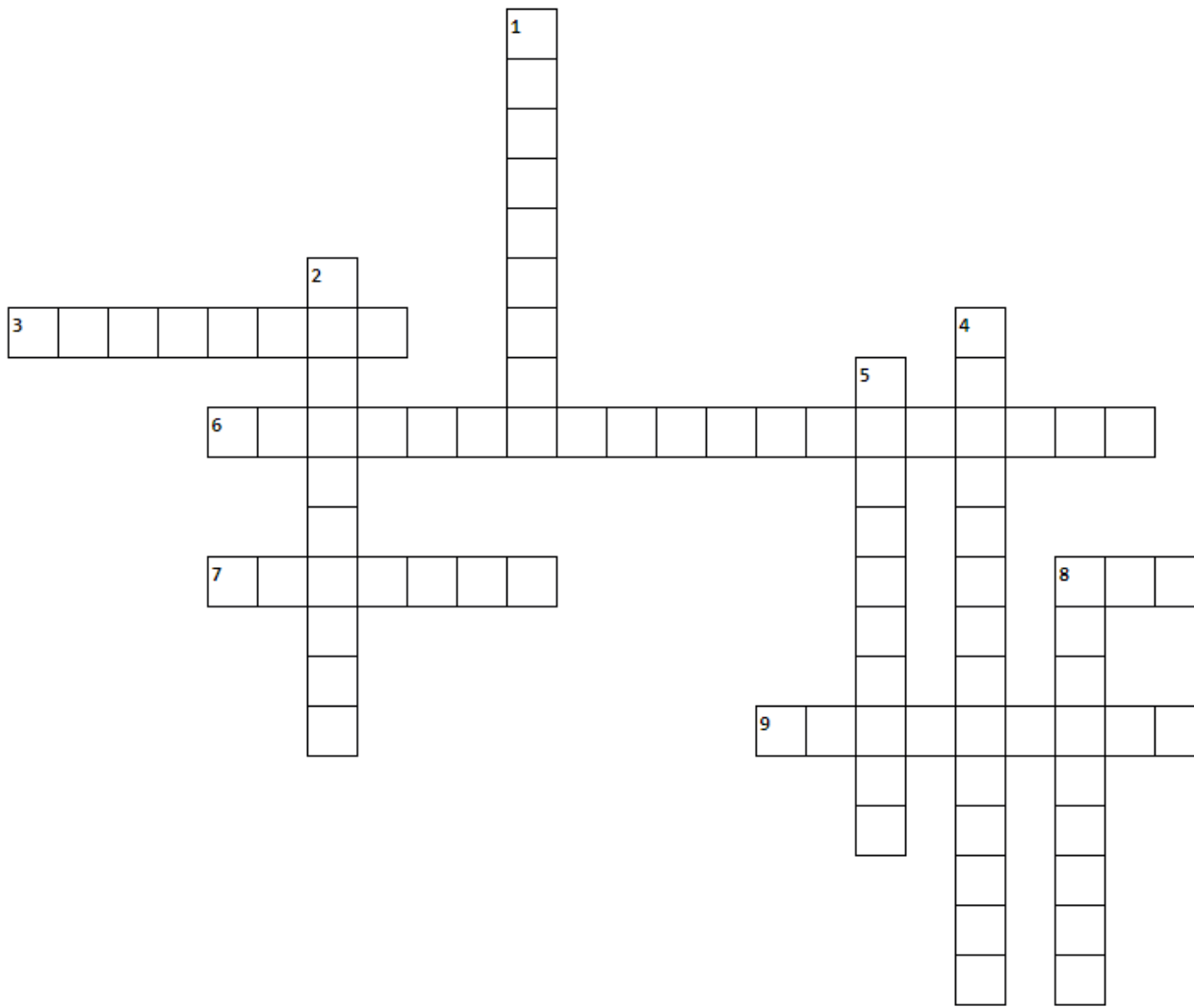
DIRECTIONS

1. In a large pan, heat olive oil over medium-high heat.
2. Add onion and sauté until the onion is soft, about five minutes.
3. Stir in the bell pepper and sauté for two more minutes.
4. Add the butter to the large pan and allow to melt.
5. Add the corn, salt and pepper to the pan as well. Cook until the corn loses its starchiness, approximately 5-7 minutes.
6. Taste and add salt and pepper as needed. Top with basil or green herbs and serve hot.

*I like to serve this dish with tortilla chips and a good time.



CROSSWORD



ACROSS

3. What can the sun help produce that promotes healthy bones?
6. What is happening on May 21st at the Pequannock Senior House?
7. Where is Loaves and Fishes Community Food Pantry located?
9. A skin disorder that the sun can help treat.

DOWN

1. What does this editions recipe make?
2. What a healthcare provider may prescribe for a sinus infection.
4. Otherwise known as pink eye.
5. What does the Riverdale Library hold on Friday mornings?
8. What can mixing different household cleaning agents lead to?

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



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UPDATES & RESOURCES

CONJUNCTIVITIS⁴

Otherwise known as pink eye, conjunctivitis can be from allergies, bacteria, or viruses. While spring cleaning, outside enjoying the warm weather, or spending time with others, you could start feeling like your eyes are itchy or in pain. If you start to notice them becoming pink/red and secreting lots of mucus, you could have conjunctivitis. Always consult with a health care provider on what the best treatment is and make sure to avoid others as bacterial and viral pink eye are contagious.

SINUS INFECTION⁵

Sinus infections can occur for many reasons but typically happen after a battle with the common cold, seasonal allergies have taken hold of you, or after being exposed to smoke. Runny nose, cough, sore throat, headaches, and other symptoms may all be leading you to know that a sinus infection has decided to take over. Try using warm compress or nasal spray to alleviate symptoms, but once you are sick and tired of feeling sick and tired, make sure to give your health care provider a call as they may need to prescribe an antibiotic.

MENTAL HEALTH

- [Morris County Human Services](#)
- [Passaic 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

COVID-19

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



SOURCES

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2. Kerchner, A. (2020). Vitamin D Deficiency - Senior Citizens at a Higher Risk. Anita's Angels. <https://anitasangels.com/vitamin-d-deficiency/#:~:text=In%20New%20Jersey%2C%20you%20can,the%20sky%20to%20trigger%20production>.
3. Health Resources & Services Administration. (2020). Prevention Tips. Poison Help. <https://poisonhelp.hrsa.gov/what-you-can-do/prevention-tips>
4. Boyd, K. (2023). Conjunctivitis: What is Pink Eye?. American Academy of Ophthalmology. <https://www.aaopt.org/eye-health/diseases/pink-eye-conjunctivitis#:~:text=Conjunctivitis%E2%80%94often%20called%20%E2%80%9Cpink%20eye,in%20one%20or%20both%20eyes>.
5. Centers for Disease Control and Prevention. (2019). Sinus Infection (Sinusitis). Treatment for Common Illnesses. <https://www.cdc.gov/antibiotic-use/sinus-infection.html>



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