

# 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

## A HEALTHY START

### SLEEPING YOUR WAY TO SUCCESS<sup>1,2</sup>

*\*buzz\* \*buzz\* \*buzz\** - The alarm is going off! But it's cold and dark outside and there is nothing like the warmth of your bed when first waking up. Here *lies* the problem of trying to maintain a normal sleep routine during the winter months.

A new year comes with new opportunities, life events, and who knows what else! Being well rested is one way that can aid in conquering what needs to get done. Even if it may not be the best weather outside, getting up and moving around helps people stay in sync with their circadian rhythm. Staying in that warm bed all day or sitting on the couch all day can have a negative impact on your sleep.

Lack of sleep can lead to more than just being a little cranky. It can lead to long term health issues with metabolism, circulation, mood, the immune system, and more. All of these issues also tend to be ones that are most focused on in the beginning of the year as we try to get in shape, be better in whatever aspect, and stay as healthy as we can.

Now that getting good sleep is on the top of your to do list, the question is *how?* By getting enough exposure to sunlight during the day (don't stare directly into the sun), being physically active, eating nutritious foods, and staying in routine, good sleep can be achieved.



### SEASONAL AFFECTIVE DISORDER (SAD)<sup>3</sup>

After the hustle and bustle of the holidays, things tend to slow down, the days get shorter, and the nights get longer. This natural occurrence is what can cause seasonal affective disorder, otherwise known as SAD.

What seems like something out of a story, is real for so many people. Our bodies react to the environment around us and with longer nights comes more melatonin. The excess of melatonin produced is one thing that researchers believe is part of what can cause SAD. Seasonal affective disorder mainly afflicts those who are over 20 years old and it does tend to impact women more than men. Symptoms of SAD could be losing interest in the things that are normally enjoyed, fatigue, weight gain, trouble thinking clearly, among other things.

Seasonal affective disorder is something to take seriously and should be talked about with a health care provider, such as a therapist. Other treatment that has been shown to improve SAD is exposure to sunlight/light therapy. So, get outside and get some sun!



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# HIGHLIGHTS OF HAPPENINGS

## KINNELON LACROSSE SIGN UPS

Sign up thorough [Community Pass](#) starting in January

Boys: 2nd Grade - 8th Grade

Girls: 3rd Grade - 8th Grade

## BOONTON YOUTH INDOOR SOCCER

8 week program held on Thursdays at John Hill School beginning January 4th

Register at [Boonton.RecDesk.com](http://Boonton.RecDesk.com)

## PEQUANNOCK YOUTH INDOOR FIELD HOCKEY

6 week program held on Thursdays at Hillview School

Click [here](#) for more information

## 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 Bloomingdale, Kinnelon, and Riverdale during the first quarter of 2024.

Call (908) 461-9960 for more information

## WINTER SAFETY & INJURY PREVENTION

Come learn how to stay safe and healthy in the winter at one of the many [free](#) seminars!

Call (908) 461-9960 for more information

## LOCALS HELPING LOCALS

### BLOOMINGDALE FOOD PANTRY

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

### 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>

### 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>

### 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](mailto:media@riverdalenj.gov)  
<https://www.riverdalenj.gov/pages/riverdale-food-pantry>

### 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>



## HEALTHY RECIPES FOR RECIPIENTS

### WALNUT BANANA BREAD

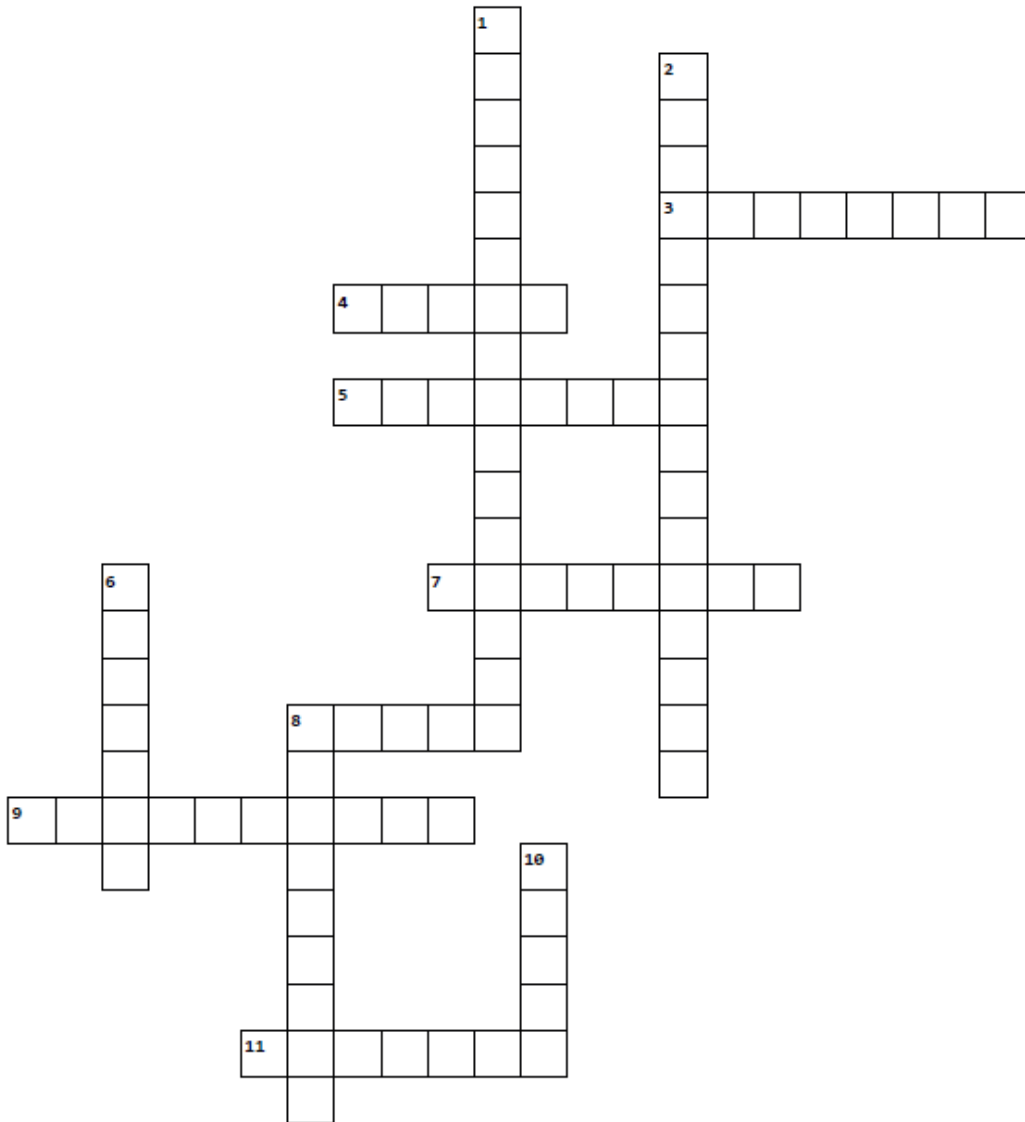
#### INGREDIENTS

- 2 cups all purpose flour
- 3 tbsp stevia sweetener
- 2 tsp baking powder
- 1/3 tsp baking soda
- 1/2 tsp cinnamon
- 4 medium over ripe bananas (mashed with a fork)
- 1 large egg
- 1/2 cup 100% orange juice
- 1/3 cup extra-light olive oil
- 1 cup chopped walnuts

#### DIRECTIONS

1. Preheat oven to 350 °F
2. Spray two 9x5x3 inch loaf pans with non-stick spray
3. In a large bowl combine the first five ingredients until well blended
4. In a separate bowl combine mix together bananas, eggs, orange juice, and oil until well blended
5. Pour the wet ingredients into the dry, once combined pour in walnuts
6. Pour mixed batter into each loaf pan only filling each loaf pan about half way
7. Bake your breads for 40 minutes and use the toothpick method to ensure they are cooked through all the way - Enjoy!

# CROSSWORD



## ACROSS

3. Something that can help sleep and prevention of SAD.
4. Who does Seasonal Affective Disorder impact more?
5. What school is Boonton's youth indoor soccer program being held at?
7. What school is Pequannock's youth indoor field hockey program being held at?
8. What is a common symptom of bronchitis?
9. What can having poor sleep impact?
11. Having these can help with seasonal allergies.

## DOWN

1. What line are you calling when dialing 988?
2. Something you can do to improve your sleep.
6. A main ingredient in the recipe in this issue.
8. Something that may cause SAD.
10. What is bronchitis caused by?

Ready for the answers? Email your Health Educator, Cassidy Dock, at [CDock@Peqtwp.org](mailto:CDock@Peqtwp.org) to find out!



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Prevent. Promote. Protect.



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# UPDATES & RESOURCES

## BRONCHITIS<sup>4</sup>

With the cold weather in it's peak, bronchitis becomes more of a concern. Bronchitis, a type of virus, can occur as a result of having the common cold or the flu since they are both viruses. Coughing, shortness of breath, mucus, fever, and more are all symptoms of bronchitis. By using the same prevention methods of cold and flu, bronchitis may be preventable. If you believe you or a loved one may have developed bronchitis, make sure to see a health care provider.

## INCOMING ALLERGIES<sup>5</sup>

At the end of this quarter it will start to get warmer and seasonal allergies will arrive. If you suffer from seasonal allergies try to avoid your triggers as best you can and check the pollen count. Keep the air inside clean with the proper filters and make sure vents are clean. If medication, whether over the counter medication or one that is prescribed, is needed for allergies, always check with a health care provider.

## 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

1. American Academy of Sleep Medicine. (2022, September 15). Winter, Sleep and Your Circadian Rhythms. Sleep Education. <https://sleepeducation.org/winter-sleep-and-your-circadian-rhythms/>
2. U.S. Department of Health and Human Services. (2022, March 24). Why is Sleep Important?. National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>
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4. Mayo Foundation for Medical Education and Research. (2017, April 11). Bronchitis. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/bronchitis/symptoms-causes/syc-20355566>
5. Mayo Foundation for Medical Education and Research. (2022, April 27). Seasonal Allergies: Nip them in the Bud. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>



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