

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

TURN UP THE HEAT

ASTHMA¹

If you find yourself singing, "I'm still alive but I'm barely breathing!", then you may have asthma! Asthma does not discriminate by age, gender, or singing abilities and impacted 262 million people in 2019. This non-communicable disease does not hold back when getting a grip around your lungs and airways which can cause coughing, shortness of breath, the feeling of tightening in the chest and wheezing. There is no known direct cause of asthma but certain situations may make it more likely to develop it. These causes can be anything from a direct relative having asthma, being overweight or obese, having allergies or even living in an urban area. Asthma can also look like being tired during the day which can be from sleep disturbances which also leads to poor concentration. With so many broad causes, it's important to be in contact with your health care provider if you ever think you or a loved one may have asthma, especially because it is the most common non-communicable disease among children. Asthma can remain dormant in the body until a trigger such as dust, pollen, smoke or other air pollutants activate it. This is why if you do have asthma, it is important to keep your treatment plan, such as an inhaler, with you. Depending on the severity of the asthma, you may need to use an inhaler daily to prevent symptoms that can lead to an asthma attack. Along with utilizing a treatment plan, avoiding known triggers can help to maintain this disease since there is no cure. If needed, an asthma action plan can be beneficial to anyone with asthma in case their symptoms become overwhelming, otherwise known as an asthma attack. Make yours today!



FOODBORNE ILLNESS^{2,3}

The sun is shining and the food is out, time for a good old fashioned summer barbecue! Whether you're grilling up your best kabobs or bringing the pasta salad, make sure that you're doing so safely. Start by simply washing your hands thoroughly for at least 20 seconds, with soap and water, before handling any type of food. There are **48 million** cases of food borne illness every year in the United States and hand washing is one of the best prevention methods. After you've scrubbed your hands, separate the food. Raw meat and kitchen tools used for raw meat should be separated from raw or ready to eat produce and the kitchen tools used for it. Keeping foods in their respective spaces helps prevent cross contamination. If marinade is your middle name, make sure that meat is properly marinated in the refrigerator, not out on the counter. This helps to make sure nothing takes the *highway to the danger zone!* Keep hot foods at or above 140 degrees Fahrenheit and cold foods at or below 40 degrees Fahrenheit to decrease the chances of bacteria growing. Once the prep work is done, it's time to get grilling! Whether you're a grill master or apprentice, you can ensure all cooked foods are cooked to their proper temperature by using a food thermometer. Food safety is no joke! Following these simple steps could help to prevent one of the 3,000 annual deaths in the U.S. Stay safe this summer!



Pequannock
Township



Public Health
Prevent. Promote. Protect.



Atlantic Health System
Morristown Medical Center

HIGHLIGHTS OF HAPPENINGS

BOONTON HISTORICAL SOCIETY AND MUSEUM

Christmas in July Sale!
210 Main St, Boonton, NJ 07005
July 19th, 20th & 21st
12:00pm-5:00pm

KINNELON ANIMAL SHELTER

118 Kinnelon Rd, Kinnelon, NJ 07405
Click [here](#) or go to kvasnj.org to volunteer today!

FIREFIGHTER BOB KOCHKA 5K

Saturday September 21st
225 Glenwild Ave
Bloomingdale, NJ US 07403
Sign up [here!](#)

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>

FOOD TRUCK FESTIVAL

PV Park Lake
Marvin Rd, Pompton Plains, NJ 07444
July 13th 11:00am-5:00pm
Click [here](#) to see the flyer with more details!



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
<https://bloomingdaleumc.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

ROASTED GARLIC BEAN DIP

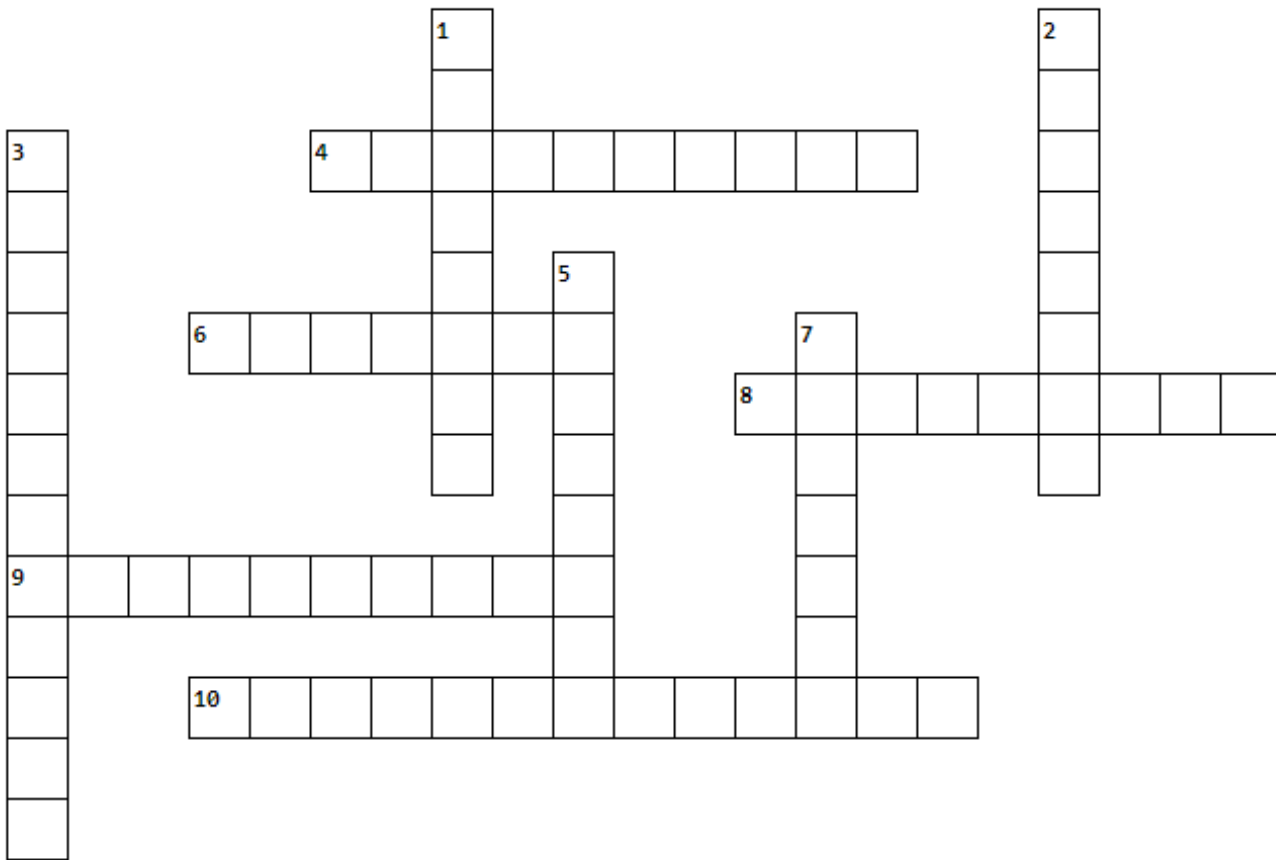
INGREDIENTS

- 4 heads (bulbs) garlic
- 4 tbsp olive oil
- 1 tsp dried rosemary
- 1 medium Vidalia onion, peeled and chopped
- 1, 15 oz can cannellini beans
- 2 tsp cumin
- 1 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375 F°
2. Remove the outer skin from garlic, leaving the heads whole. Wrap in aluminum foil with olive oil, rosemary, salt and pepper.
3. Place on a small baking sheet and place in oven for 45 minutes. When finished baking, let cool in the foil.
4. Meanwhile, add olive oil to a small sauce pan and sauté the onion.
5. When the garlic is cooled, remove from foil and remove the skin. Add the garlic and onion into a blender with the beans, lemon juice and cumin. Blend until smooth. Add additional olive oil if needed to smooth out. Refrigerate until ready to serve. Use crackers and crudité to dip. Makes 4 to 6 servings

CROSSWORD



ACROSS

4. What is the zone called when food is above 40 degrees Fahrenheit and below 140 degrees Fahrenheit.
6. What can be used to help treat asthma?
8. What firefighter's 5k is happening in September?
9. Where is the food truck festival being held?
10. How long should you wash your hands for?

DOWN

1. Where can you volunteer at the animal shelter?
2. What tick causes Lyme disease?
3. What do heat cramps cause?
5. What should you avoid if you do have asthma?
7. Where is the Christmas in July sale being held?

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



**Pequannock
Township**



Public Health
Protect. Promote. Prevent.



Atlantic Health System
Morristown Medical Center

UPDATES & RESOURCES

HEAT CRAMPS⁴

As the weather gets warmer, so do our internal temperatures while we're outside. While the body is trying to cool down by sweating, it is important to drink enough water/electrolytes to stay hydrated or else the risk for heat cramps increases. Similar to a Charlie Horse, heat cramps cause painful muscle spasms, mainly in the abdomens, arms, backs, and calves of those who don't hydrate properly. If heat cramps get the best of your day, sit down and try to hydrate. If they do not go away within one hour, call a health care provider for guidance.

LYME DISEASE⁵

Lyme disease is caused by a bacteria called *Borrelia burgdorferi* (B burgdorferi) and can only be spread by certain kinds of ticks such as the deer tick. Deer ticks like to live in the northeastern portion of the U.S., which is the most common place for Lyme disease to spread. Lyme disease is categorized into three stages and the symptoms can range from mild to severe. Be sure to wear protective clothing and avoid areas with tall grass where deer ticks can be hiding in order to help prevent Lyme disease. Call a health care provider if you think you may have it.

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. World Health Organization. (2024). *Asthma*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/asthma#:~:text=Asthma%20is%20a%20major%20noncommunicable,%f%20breath%20and%20chest%20tightness>.
2. FDA. (2022). *What You Need to Know About Foodborne Illnesses*. U.S. Food and Drug Administration. <https://www.fda.gov/food/consumers/what-you-need-know-about-foodborne-illnesses>
3. FDA. (2023). *Barbecue Basics: Tips to Prevent Foodborne Illness*. U.S. Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/barbecue-basics-tips-prevent-foodborne-illness>
4. Mayo Foundation for Medical Education and Research. (2024). *Heat Cramps: First Aid*. Mayo Clinic. <https://www.mayoclinic.org/first-aid/first-aid-heat-cramps/basics/art-20056669>
5. Penn Medicine. (n.d.). *Lyme Disease*. Pennmedicine.org. <https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/lyme-disease#:~:text=Lyme%20disease%20is%20a%20bacterial,1977%20in%20Old%20Ly me%2C%20Conn>.



Pequannock
Township



Atlantic Health System
Morristown Medical Center