

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

BE A WINTER WINNER

DREAM BIG, START SMALL: GOAL SETTING 101^{1,2}

Have you had trouble sticking to your New Year's goals? Avoid the February slump by keeping yourself *on target* for success!

Effective goals follow the S.M.A.R.T. acronym - Specific, Measurable, Achievable, Relevant, and Time-bound. For example, instead of saying "I want to eat healthier," a SMART goal would be "I want to add one serving of vegetables to my diet every day this month." Keeping your goal(s) focused and reasonable makes it more reasonable to achieve!

When making a goal, ask yourself what you hope to *accomplish* at the end of it. This helps to make sure that the goal is aligned with your lifestyle!

Other tips include:

- Get a buddy: Pairing up with a loved one who is trying to achieve a similar goal motivates everyone and helps to keep you accountable.
- Track your success: Whether using a journal, online resource, or even a sticker chart, marking down the days that you complete your goal will help you see how far you've come along with boosting your morale along the way.
- Identify any obstacles: What will get in the way? Are there supplies you need? Be prepared for the best chance of keeping your goals.
- Keep them personal: Having a goal that is aligned with what you want, not what other people want for you, makes it more likely to keep them.
- Give yourself grace: Ideally, we would all stick to our goals, but if you miss a day, don't beat yourself up! Use the next opportunity to get back on track and do the next best thing. All progress is good progress.



SAVVY SNOW SAFETY^{3,4}

As snow begins to fall, it is important to avoid a *flurry* of unsafe conditions! The wintry weather brings new risks to your health, and taking the steps to prevent injury will help you have a happy winter hibernation period.

The physical exertion required to shovel snow, in addition to the *cold* temperatures, increases the risk of heart attack. People with pre-existing cardiac conditions, older adults, or people who do not exercise regularly should find someone else to take care of snow removal if possible. Everyone who shovels snow should:

- Cover your mouth and nose while dressing warmly.
- Change out of wet clothes promptly.
- Use a snowblower instead of shoveling if possible.
- Take breaks periodically for rest and warming up.
- Don't lift the snow, especially over your head. Push or sweep.
- Wear sunscreen! The snow reflects the sun's rays and you may still get sunburnt.

Make sure to always clear snow and ice completely off of the roof, windows, and mirrors, of a car before driving. Also remember to take extra care to watch out for pedestrians during the darker mornings and evenings.

Shoveling snow and clearing ice off the car might leave your body feeling achy and sore. Soreness and tightness can be treated with a heating pad on the neck or back and taking rest days between physical activity. If you believe you have injured yourself, be sure to see your doctor.



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HIGHLIGHTS OF HAPPENINGS

EASTER PARTY IN THE PARK

Join other members of the community at this year's Easter Party in Greenview Park!

Saturday, March 28th

11:00am

9 Robert Pl, Pequannock Township,
NJ 07440

TUESDAY TALKERS

Expand your reading horizons and connect at Kinnelon Public Library. Each month, enjoy a handpicked novel, lively discussions, and thoughtful insights!

Tuesday, January 20th

1:00pm-2:00pm, 1st floor

Register [here](#), occurs monthly (3rd Tues).

WEEKLY MEDITATION

Breathe deeply, clear your mind, and focus your energy weekly at Florham Park Public Library!

Wednesdays

12:00-1:00pm, Akhoury Room A/B

Sign-up [here](#), or go to florhamparklib.org.

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 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>

SNOWMAN JARS

Enjoy this free activity at the Riverdale Public Library with friends creating tiny winter wonderlands!

Wednesday, January 21st

6:30pm-7:30pm

Register [here](#) to join the fun!



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

SLOW COOKER TURKEY CHILI

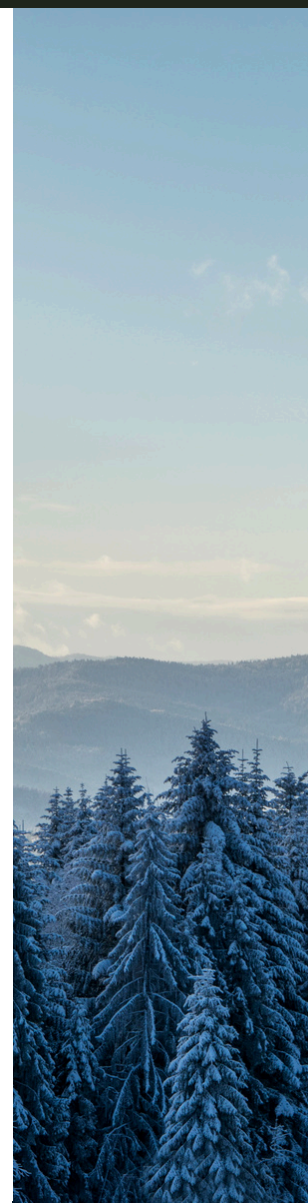
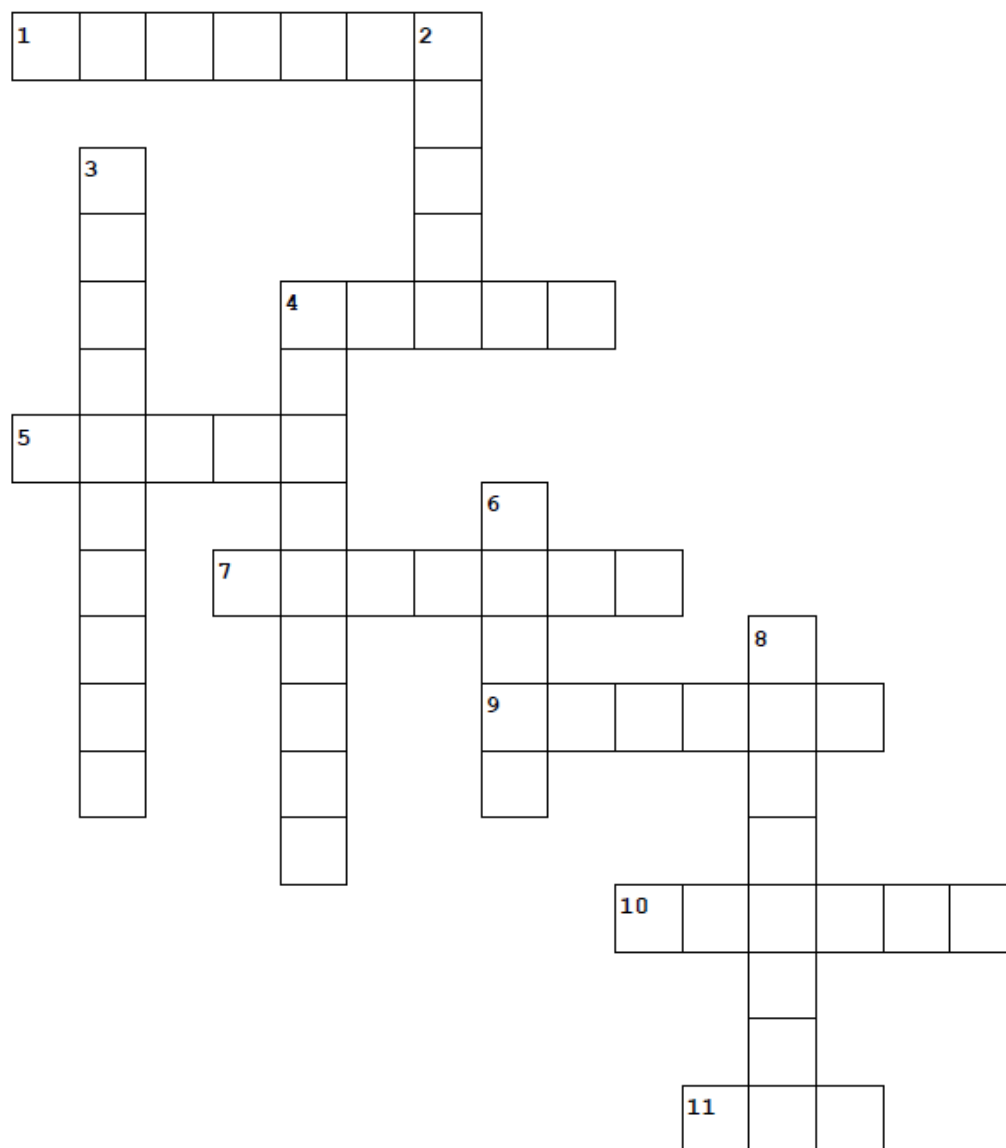
INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 2 lb. ground turkey
- 3 garlic cloves, chopped
- 1/4 cup tomato paste
- 2 14.5 oz. cans tomatoes
- 2 cans of beans
- 1 cup frozen corn kernels
- 1 1/2 cups low-sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin, oregano, and sage
- A pinch of salt and black pepper

DIRECTIONS (Yields 6-8 servings)

1. Heat the oil in a large skillet over medium-high heat. Add the onion and bell pepper and cook until tender, 8-10 minutes. Add the turkey and cook until no longer pink, 6-8 minutes. Add the garlic and tomato paste and cook 2 minutes.
2. Transfer the turkey mixture to a slow cooker. Stir in tomatoes (with their juices), beans, frozen corn kernels, chicken broth, chili powder, ground cumin, dried oregano, salt and black pepper. Cover and cook on high for 4 hours or low for 6 hours. Reduce heat to warm and serve out of the slow cooker.
3. Garnish with cheese, avocado, and corn chips.

CROSSWORD



ACROSS

- 1** Remove snow from your car's roof, windows, and _____ before driving
- 4** Glaucoma is caused by damage to this nerve
- 5** Influenza is caused from this
- 7** People with these kinds of conditions should find someone else to take care of snow removal
- 9** Type of meat in the chili recipe
- 10** A snowblower is safer to use than this for snow removal
- 11** Another name for influenza

DOWN

- 2** Acronym to use for goal setting
- 3** Use this when sore from winter activities
- 4** Things that might get in the way of you achieving your goals
- 6** People older than this are at greater risk for Glaucoma
- 8** A goal like this is aligned to your own interests, not what others want for you

Submit your answers [here](https://www.surveymonkey.com/r/2026Q1) for a chance to win this quarter's prize!

<https://www.surveymonkey.com/r/2026Q1>



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UPDATES & RESOURCES

INFLUENZA^{5,6}

Influenza, also known as the flu, is caused by a virus and is an infection of the nose, throat, and lungs. Flu season usually runs from October to May. Common symptoms of the flu are sore throat, runny or stuffy nose, fever, cough, headache, muscle aches, tiredness, or chills. Unlike a cold, which comes on slowly, flu symptoms begin 2-3 days after exposure and feels much worse than a cold. Most people recover at home but see a medical professional if you are at risk of complications or are experiencing chest pain, trouble breathing, dizziness or serious symptoms. To protect against the flu, you should get a flu shot yearly, clean surfaces, wash hands, and keep airflow in the house.

GLAUCOMA^{7,8}

Glaucoma is an eye disease that causes vision deterioration. It caused by damage to the optic nerve and can cause blindness without treatment. You are at higher risk of developing glaucoma if you are over 60, have high eye pressure, have an eye injury, have relatives with glaucoma, or are of Asian, African, or Hispanic descent. Glaucoma is often painless and can go unnoticed for years. Symptoms include patchy blind spots in your side vision in early stages. Having regular eye exams can catch it early and have a treatment prescribed to help protect your vision. More than 3 million Americans are living with glaucoma.

SOURCES

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3. Rosen, A. (2024, December 4). *Winter Safety and Injury Prevention*. Johns Hopkins Bloomberg School of Public Health. <https://publichealth.jhu.edu/2024/winter-safety-and-injury-prevention>
4. Orthosportsmed. (2021, December 30). *Avoid common winter injuries with these helpful tips*. Orthopedic & Sports Medicine. <https://orthosportsmed.com/avoid-common-winter-injuries-with-these-helpful-tips/>
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7. *What is glaucoma? symptoms, causes & treatment*. Glaucoma Research Foundation. (2025, February 26). https://glaucoma.org/understanding-glaucoma?_gl=1%2A1klpdj0%2A_up%2AMQ...%2A_ga%2AMTcwODgzMTYIMi4xNzYyNTM3NzU3%2A_ga_7T23IBISCG%2AczE3NjIIMzc3NTYkbzEkZzAkDE3NjIIMzc3NTYkajYwJGwwJGgw%2A_ga_K4T77TQRV1%2AczE3NjIIMzc3NTYkbzEkZzAkDE3NjIIMzc3NTYkajYwJGwwJGgw
8. Mayo Foundation for Medical Education and Research. (2024, November 5). *Glaucoma*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839>

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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