

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

HIBERNATE HEALTHFULLY!

COLD WEATHER, CLEAN HANDS^{1,2}

This year, fighting the cold and flu starts with you - snow excuses! First, before hot cider, hot cocoa, or cookies, it's crucial to clean your hands. Proper handwashing has been shown to protect us against viruses like the common cold, flu, pneumonia, and *spooky, scary* gastrointestinal illnesses like norovirus. In fact, research finds that handwashing can prevent about 30% of diarrhea-related illnesses and about 20% of respiratory infections. For *a-maize-ing* protection, wet your hands with clean, running water; apply soap and lather for 20-30 seconds; rinse under water again; and dry hands with a clean towel or in the air. While washing, make sure to soap up the backs of your hands, your thumbs, and under your nails. To reach 20 seconds, you can sing "Happy Birthday" twice, or research popular songs whose choruses last 20 seconds! Studies show that water temperature is not as important a factor as using soap, washing for enough time, and washing consistently - you can choose to wash with either hot or cold water. Something else to consider, automatic hand dryers have a risk of spreading germs, so it's best to stick to air drying or towel drying hands. Germs can be transferred more easily to and from wet hands, so stay ahead of the *carve*, and dry your hands well after washing. Besides handwashing, you can spread cheer, not germs by covering your cough or sneeze. Once you feel the itch, place your nose and mouth into your elbow to slow the spread. Then, avoid touching your mouth, nose, or eyes with unwashed hands. With these tips and tricks, you'll have *unbe-leaf-able* protection. So, keep those hearts warm and those hands washed - one scrub at a time!



BEDTIME BURROW^{3,4,5,6}

Does this season have you *bear-ly* staying awake? Quality sleep is just as important as diet and exercise, leading to better mood, memory, focus, immune response, and even better grades! For adults, aim for seven to nine hours per night. Teenagers need eight to ten hours, while kids ages 5-12 need nine to twelve hours. Something to consider is that kids and teens whose parents or guardians set a bedtime schedule are more likely to get enough sleep! Follow these sleep hygiene tips and tricks:

- **Hunker Down:** Keep your bedroom dark and noise-free. Darkness allows natural melatonin levels to rise, helping you fall asleep and stay asleep.
- **Feel Frosty:** At night, keep your bedroom temperature between 65°F to 68°F. Studies show this signals our bodies to sleep more soundly.
- **Squirrel Away:** Eat evening meals at least three hours before bedtime and avoid caffeine after lunch.
- **Shift Slowly:** Transitioning to a new schedule takes time! Try a wake-up time that's 15 minutes earlier, and then adjust in small increments every two to three days.
- **Exercise Earlier:** Exercise at least two hours before bedtime.
- **Choose Consistency:** Go to bed and wake up at the same time each day, even on the weekends.
- **Practice Peace:** Begin to unwind one hour before bedtime - no phones or blue light, just relaxation.
- **Nix Napping:** Most often, if you snooze, you lose. If you must nap, keep it short - no longer than half an hour, if needed, and not too late in the day.



Pequannock
Township



Atlantic Health System
Morristown Medical Center

HIGHLIGHTS OF HAPPENINGS

PEQUANNOCK HOE DOWN

Experience live music, food, vendors, crafters, and free kids activities, including a build-your-own-bat house activity! Located in Greenview Park.

Saturday, October 18th

11:00am-5:00pm

Click [here](#) to find out more!

TUESDAY TALKERS

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

Tuesday, November 18th

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

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

ADULT SEWING

Handcraft a festive sock snowperson at Florham Park Public Library. All supplies provided - just show up and sew! Must be 18+ to register.

Thursday, December 18th

6:30pm-8:30pm, 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>

ANNUAL HOLIDAY BOONTON OPEN HOUSE

A unique chance to see the museum, featuring live music and shopping!

Sunday, December 14th

12:00pm-4:00pm, 210 Main St.

Click [here](#) for more info!



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

SWEET AND SAVORY WINTER SALAD

INGREDIENTS

For Dressing:

- 4 Tbsp extra-virgin olive oil
- 1 Tbsp minced shallots
- 4 Tbsp apple cider vinegar
- 2 Tbsp Dijon mustard
- ¼ tsp kosher salt, to taste
- ¼ tsp black pepper, to taste

For Salad:

- 4 cups thinly shredded Brussels sprouts
- 1 large ripe red pear (cored and diced)
- 1 cup pomegranate seeds
- ½ cup pepitas, toasted**
- ½ cup crumbled goat cheese or feta**

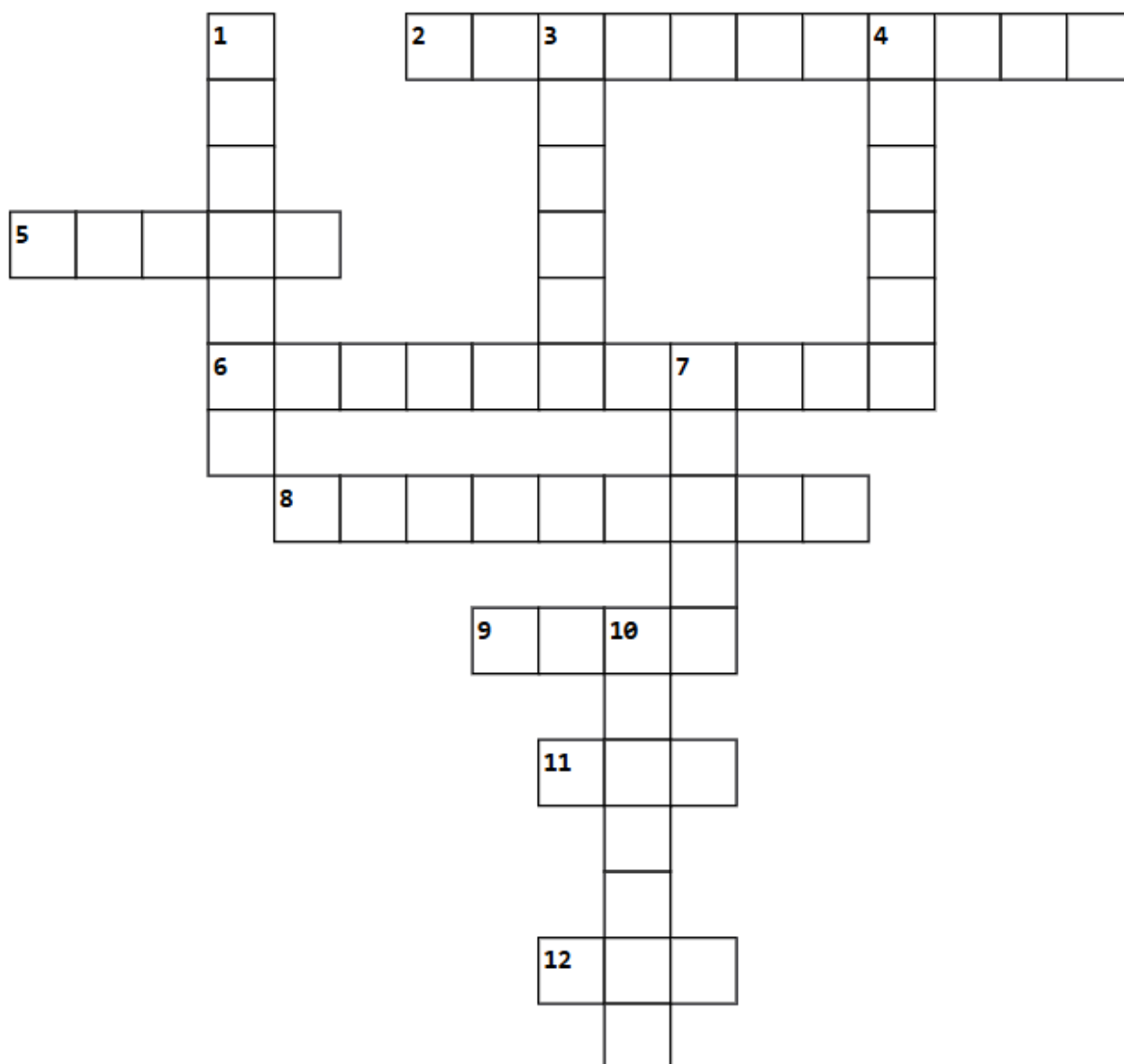
DIRECTIONS

(Yields 6 servings when serving size is 1 cup)

1. For the dressing, whisk together the olive oil, Dijon mustard, shallots, and apple cider vinegar. Add a pinch of salt and pepper to taste and whisk again.
2. Process the Brussels sprouts properly, so they are thinly shaved or thinly sliced. For best results, use a mandolin or sharp kitchen knife.
3. In a large mixing bowl, pour the dressing over the shaved Brussels sprouts. Season with ¼ teaspoon of salt and ¼ teaspoon of pepper, to taste.
4. Using your hands, massage dressing into Brussels sprouts. Then, toss well and transfer to a larger salad bowl.
5. Finally, top salad with chopped pears, pomegranate seeds, pepitas, and cheese.

****Note:** To accommodate those with nut and seed allergies, but to still enjoy a lovely crunch, try roasted chickpeas or homemade croutons in place of pepitas. To accommodate those who are dairy-free, but to still savor a little extra saltiness, try hummus or olives in place of goat cheese or feta.

CROSSWORD



ACROSS

- 2 Rabies is preventable through _____
- 5 Type of mustard in the "Sweet and Savory Winter Salad"
- 6 Pneumonia typically has more of these type of symptoms when compared to the flu
- 8 Handwashing prevents against gastrointestinal illnesses like this one
- 9 Rabies is usually spread through a _____
- 11 Germs can be more easily transferred to and from _____ hands
- 12 Build this type of house at Pequannock's Hoe Down

DOWN

- 1 Room where Florham Park Public Library's adult sewing class is hosted
- 3 _____ bedroom temperatures help you sleep better
- 4 Wash hands with soap and water for at least _____ seconds
- 7 Eat evening meals at least this many hours before bedtime
- 10 Day of the week that Kinnelon Public Library has it's reading discussion group (_____ Talkers)

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



**Pequannock
Township**



Atlantic Health System
Morristown Medical Center

UPDATES & RESOURCES

PNEUMONIA^{7,8}

Pneumonia is inflammation and fluid in the lungs caused by a bacterial, viral, or fungal infection. It typically brings more respiratory, or breathing, symptoms, while the flu brings more muscle aches and fatigue. Further, the flu starts quickly, while pneumonia takes longer to develop. However, if you experience congestion with chest pain; difficulty breathing; a high fever (102+° F); or coughing with yellow, green, or bloody mucus or spit, see a healthcare provider as soon as possible. Adults 65 and up, children under 2, and immune compromised people are most at-risk. Adults 65+ may have less noticeable symptoms like low appetite and fatigue.

RABIES^{9,10}

Rabies is a deadly virus which is spread to people from the saliva of infected animals, usually through a bite. Any mammal can spread the rabies virus, but in the U.S., the most likely animals include bats, coyotes, foxes, raccoons, and skunks. When symptoms start, the disease almost always causes death. Humans with early rabies may show flu-like symptoms. Animals with rabies may show a variety of signs, including fearfulness, aggression, excessive drooling, paralysis, and seizures. Rabies is preventable through vaccination. Morris County's towns hold free rabies clinics each year to vaccinate dogs and cats. For upcoming dates, click [here](#).

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](#)

SOURCES

1. Centers for Disease Control and Prevention. (2024, April 17). *Handwashing Facts*. <https://www.cdc.gov/clean-hands/data-research/facts-stats/index.html>
2. Cheairs, J. (2024, December 17). *Handwashing best practices to implement this winter season*. Indiana University School of Medicine. <https://medicine.iu.edu/blogs/indiana-health/handwashing-best-practices-winter-season>
3. Cleveland Clinic. (2022, August 10). *5 Back-to-School Sleep Tips for Kids*. <https://health.clevelandclinic.org/back-to-school-means-back-to-bedtime>
4. Johns Hopkins Medicine. (n.d.). *Back-to-School Health: 4 Tips for Parents*. <https://www.hopkinsmedicine.org/-/media/files/health/backtoschoolhealthinfographic.pdf>
5. Pacheco, D. & Vyas, N. (2023, June 1). *Back to School Sleep Tips*. Sleep Foundation. <https://www.sleepfoundation.org/school-and-sleep/back-to-school-sleep-tips>
6. Solodar, J. (2025, January 31). *Sleep hygiene: Simple practices for better rest*. Harvard Health Publishing. <https://www.health.harvard.edu/staying-healthy/sleep-hygiene-simple-practices-for-better-rest>
7. Cleveland Clinic. (2022, November 15). *Pneumonia*. Diseases & Conditions. <https://my.clevelandclinic.org/health/diseases/4471-pneumonia>
8. Piedmont Healthcare. (n.d.). *The Difference Between Pneumonia and Flu*. <https://www.piedmont.org/living-real-change/the-difference-between-pneumonia-and-the-flu>
9. American Veterinary Medical Association. (n.d.). *Rabies*. <https://www.avma.org/resources-tools/one-health/rabies>
10. Mayo Clinic. (2025, June 13). *Rabies*. <https://www.mayoclinic.org/diseases-conditions/rabies/symptoms-causes/syc-20351821>



Atlantic Health System
Morristown Medical Center