

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

THE BERRRR MONTHS



COLD & FLU¹

It's that time of year again. The sneezing, stuffy noses, piles of tissues, chapped lips, etc. are all back. Both the common cold and the flu are viruses that have a big impact, but you may be wondering, "what's the difference?"

The common cold is caused by all different viruses and usually has a gradual onset of symptoms. Those symptoms can include, but are not limited to, fatigue, a stuffy nose, sneezing, sore throat and a cough. Always consult with a healthcare provider, but most colds can be easily treated with over the counter medication and some rest and relaxation.

On the flip side, there is the flu. The flu, otherwise known as influenza, is caused by only one type of virus, the influenza virus. This virus is known to have a more abrupt onset of symptoms. These symptoms can include, but are not limited to, fever, aches, pains, chills, cough, and headache. The flu can lead to more serious complications if not addressed properly and that is why getting an annual flu shot and seeing a healthcare provider if you suspect the flu is so important.

It's important to mention that in our cold & flu season, another virus with similar symptoms, COVID-19 is also a possible illness that can introduce itself. Not sure which is which? Consult with a healthcare provider whenever you're feeling down this cold and flu season!

WINTER PREPARATION²

Grab the sled or the shovel, it's time to prep for the winter months! Winter preparation should include your home, vehicle(s), travel plans, and emergencies. Winterizing the home can entail adding extra insulation to windows, getting on a ladder (if able) and cleaning the gutters, double checking the heating system, and/or making sure there is a properly working carbon monoxide detector. By doing this home can be a safe and cozy place all winter!

When was the last time you got a full service on your vehicle(s)? Or checked the tread on the tires? Along with this, keep your fuel tank full to prevent ice build up in fuel lines and put winter-mix windshield wiper fluid in for a clear drive. This way your vehicle(s) are ready to go for any travel plans you may have.

As much as you try to prevent it, there is always a chance for an emergency. Create an emergency kit and plan with whomever you live with. By doing this and keeping a food reserve that is shelf stable in the dwelling, you will be better prepared for whatever emergency comes your way.



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HIGHLIGHTS OF HAPPENINGS

BOONTON FARMERS' MARKET

Upper Plane Street Parking Lot, Boonton
Every Saturday until November
9:00am-1:00pm

KINNELON FARMERS' MARKET

Kinnelon Municipal Building,
130 Kinnelon Rd, Kinnelon
Every Monday through October
3:00pm-7:00pm

RIVERDALE FARMERS' MARKET

211 Hamburg Turnpike,
Riverdale
Every Tuesday through October
2:30pm-7:00pm

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 the Town of Boonton, Florham Park, Kinnelon, Pequannock and Riverdale throughout November 2023.
Call (908) 461-9960 for more information

SKIN CANCER SCREENING

Riverdale Community Center, 57 Loy Ave, Riverdale
October 10th, 1:00pm-4:00pm
Sign up for an appointment by calling (908) 461-9960



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/>

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
<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

SPICY VEGETABLE SOUP

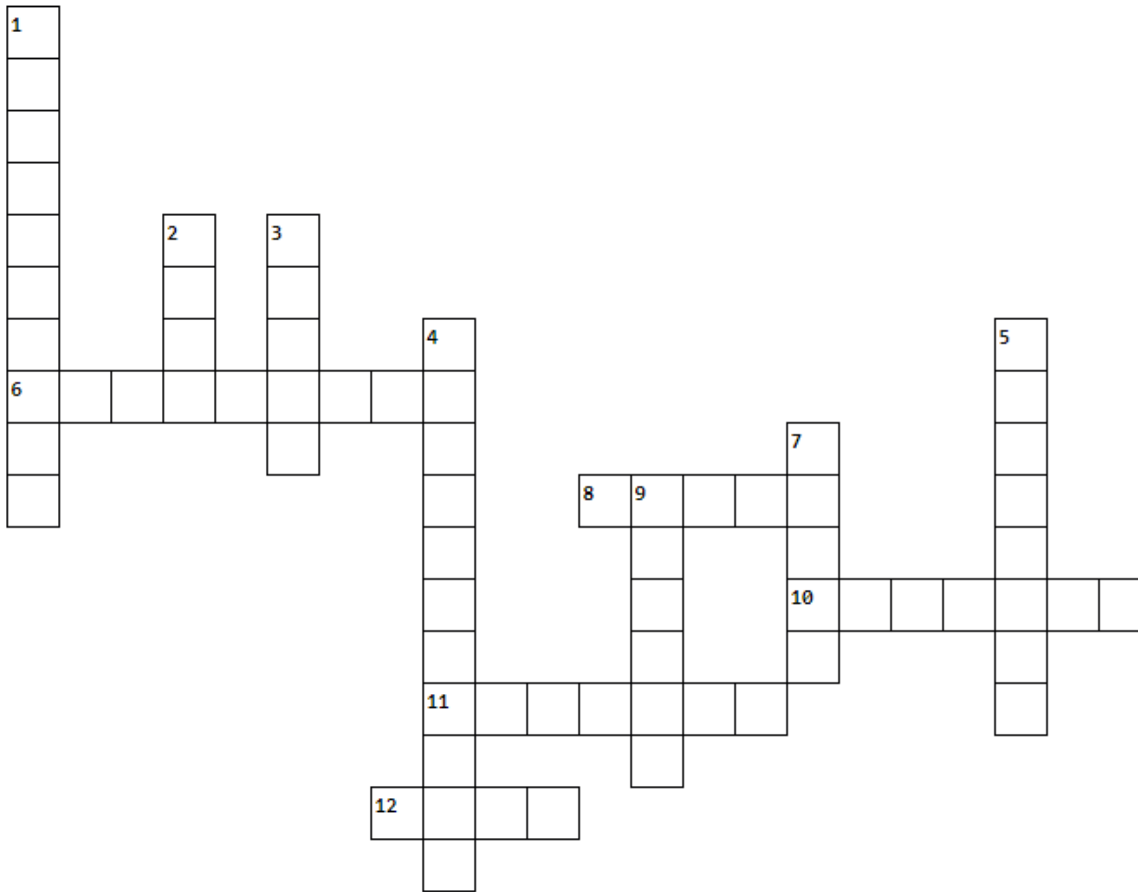
INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 large onion, diced
- 1-3 tsp hot paprika (to taste)
- 2, 14 oz cans of vegetable broth
- 4 medium tomatoes, diced
- 1 medium yellow squash, diced
- 2 cups diced cooked potatoes
- 1 1/2 cups green beans, cut in 2 inch pieces
- 2 cups frozen spinach
- 2 tbsp sherry vinegar or red-wine vinegar
- 1/4 cup chopped fresh basil

DIRECTIONS

1. Heat oil in a Dutch oven over medium heat.
2. Add onion, cover and cook, stirring occasionally until they start to brown (about 6 minutes).
3. Add paprika and stir to combine. Cook for about 30 seconds.
4. Add broth, tomatoes, squash, potatoes, and beans. Bring to a boil.
5. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are tender, roughly 12 minutes. Stir in spinach and vinegar and continue to cook until heated through.
6. Ladle soup into bowls and top with fresh basil.
7. Enjoy!

CROSSWORD



ACROSS

6. Proper name for the flu
8. Sound made by sneezing
10. What needs to have the leaves cleaned out in preparation for winter
11. Comes in a box and helps wipe your nose
12. What the recipe in this issue makes

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

DOWN

1. What may need to be added to windows to prevent the cold from coming in
2. What prevents ice build up in a vehicles fuel lines
3. What is caused by your internal body temperature rising
4. Another word for "shot" to remind you to get your flu shot
5. The church where the Kinnelon food pantry is located at
7. What you want to do into your elbow and is a symptom of cold, flu, and COVID-19
9. What is needed to scoop up snow in the winter-time



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UPDATES & RESOURCES

HMPV & RSV^{3,4}

Human metapneumovirus (HMPV) is a upper and lower respiratory disease that has recently been in the lime light. It causes cough, fever, nasal congestion, and shortness of breath. Similarly, RSV can cause runny nose, decrease in appetite, coughing, sneezing, fever and more. Both are known to afflict younger children, elderly adults, and those who are immunocompromised. Similar, but not the same, RSV is preventable by vaccine whereas HMPV is not.

NJ SCHOOL VACCINATION⁵

Back to school time can be hectic, but it's important to remember that getting the proper vaccinations is just as important as the decision about what backpack to buy. DTaP/Tdap, IPV, MMR, Varicella, Hep B, Meningococcal are a few to know about. Make sure to get your flu shot annually and always consult with your health care provider on what children need based on their age. Learn more by going to [source 5](#).

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. Centers for Disease Control and Prevention. (2022, September 29). Cold Versus Flu. Centers for Disease Control and Prevention.). Water Safety. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/symptoms/coldflu.htm>
2. Centers for Disease Control and Prevention. (2022, December 12). Stay Safe and Healthy in Winter. National Center for Environmental Health. <https://www.cdc.gov/nceh/features/winterweather/index.html>
3. Centers for Disease Control and Prevention (2023, February 10). Human Metapneumovirus. Centers for Disease Control and Prevention. <https://www.cdc.gov/ncird/human-metapneumovirus.html>
4. Centers For Disease Control and Prevention (2023, September 6). Respiratory Syncytial Virus Infection (RSV). <https://www.cdc.gov/rsv/about/symptoms.html>
5. Stainton, L. H. (2023, September 6). A back-to-school primer on NJ's vaccination requirements for kids. NJ Spotlight News. <https://www.njspotlightnews.org/2023/09/nj-vaccination-rules-for-children-pre-k-through-12th-grade-back-to-school-primer/>



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