

# 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

## WARM UP WITH WELLNESS

### SKIN CANCER<sup>1,2</sup>

Time to come out of hibernation and get outside! But, not before you put a sun barrier on. Sunscreen is just one barrier method that can be used in order to prevent skin cancer and SPF 30 or above should be worn year round. Along with sunscreen, protective clothing such as sunglasses, wide brim sun hats, long sleeves, and pants all can get the job done. If your sense of fashion won't allow protective clothing, try staying out of the sun in the middle of the day and avoid tanning beds all together. The reason to do all of these things is to try to prevent skin cancer. There are a few different types of skin cancer, but in general, skin cancer is when skin cells start to overgrow rapidly. This overgrowth can then attack healthy cells and even spread to other parts of the body. The most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, are very often able to be cured. Unfortunately, melanoma is the deadliest form of skin cancer since it spreads faster than the others which makes it more difficult to cure. An easy way to spot skin cancer is by remembering your ABCDEs!

- **A**symmetry: One side does not look like the other. If a mole or freckle is not one consistent size and shape, keep on eye out.
- **B**order: When the border of the mole or freckle is nonuniform or appears to not have an established border at all.
- **C**olor: Brown, black, blue, red, tan, white, no matter the color, if the freckle or mole appears to be more than one, see a dermatologist.
- **D**iameter: Any moles or freckles larger than six millimeter, or about the size of a pencil eraser, could be skin cancer.
- **E**volving: When the freckle or mole changes in any of the before mentioned aspects.

Keep an eye out for skin cancer as the weather gets warmer!



### WEIGHT LOSS<sup>3</sup>

Weight loss seems to be on everyone's minds these days and how to achieve it can vary. Everyone has a different reason for wanting to lose weight but grasping your own personal motive is part of the process. We are more likely to accomplish something when it connects with our personal beliefs. For instance, if someone tells you to lose weight to look good in a bathing suit this summer, but you don't care about that, you're likely not going to take the steps to lose the weight. Whereas, if someone tells you losing weight can allow you to keep up with the children in your life, you may take it more seriously. Once that connection has been made then take a look into where your life is at currently. Lifestyle factors, schedules, routines, current activities that impact health, all of it. With these in mind, set short-term goals that are specific. An example could be to eat vegetables at two meals a day for one week. This goal increases a healthy habit, can easily be tracked, and is something attainable. When making these types of goals, get buy in from someone who can hold you accountable. Having a support system to get you back on track on days that may have set backs can mean a world of a difference. Those set back are bound to happen so being prepared for them could also mean getting to your healthy weight. Trying to properly plan to lose weight may be the change needed in order to finally get there. If weight loss is something that has been a battle for as long as you can remember, consult with your healthcare provider about your options.



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# HIGHLIGHTS OF HAPPENINGS

## LIBRARY FEST

Walk around the library to visit local vendors and community partners like your health department free of cost!

**Saturday, April 18th 11:00am-3:00pm**

Pequannock Township Public Library  
477 Newark Pompton Turnpike,  
Pompton Plains, NJ 07444

## CRAFTERNOON

Visit the Boonton Holmes Public Library every third Friday of the month for crafts, ages 6 and up.

**Friday, May 15th**

**3:30pm-4:30pm**

Registration opens Friday, April 24th.

Click [here](#) at that time.

## CELEBRATING 250 YEARS

New Jersey: Crossroads of the American Revolution is a free event to join to celebrate America's birthday!

**Monday, May 11th 6:00pm-7:30pm**

Riverdale Public Library  
93 Newark Pompton Turnpike,  
Riverdale, NJ 07457

## 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 2026 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>

## SKIN SCREENING

**FREE** skin screening for those who live in our five towns!

**Tuesday, May 12th, 10:00am-2:00pm**

Pequannock Senior House  
530 Newark Pompton Turnpike,  
Pompton Plains, NJ 07444

Click [here](#) to make an appointment!



## 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](mailto: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](mailto: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

### MAMA'S POTATO SALAD

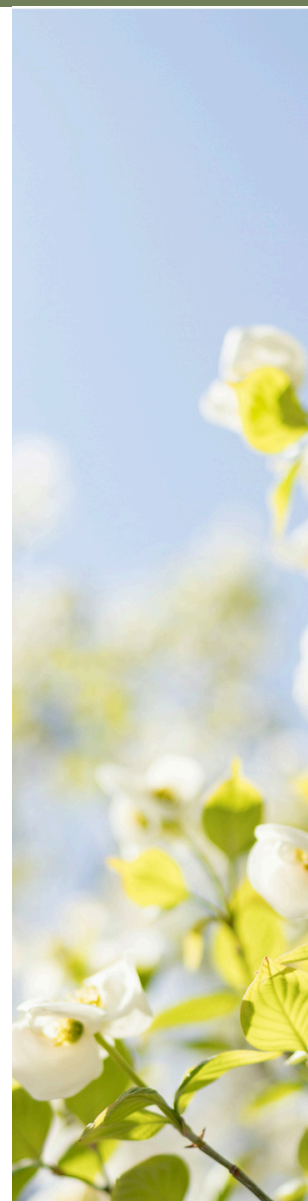
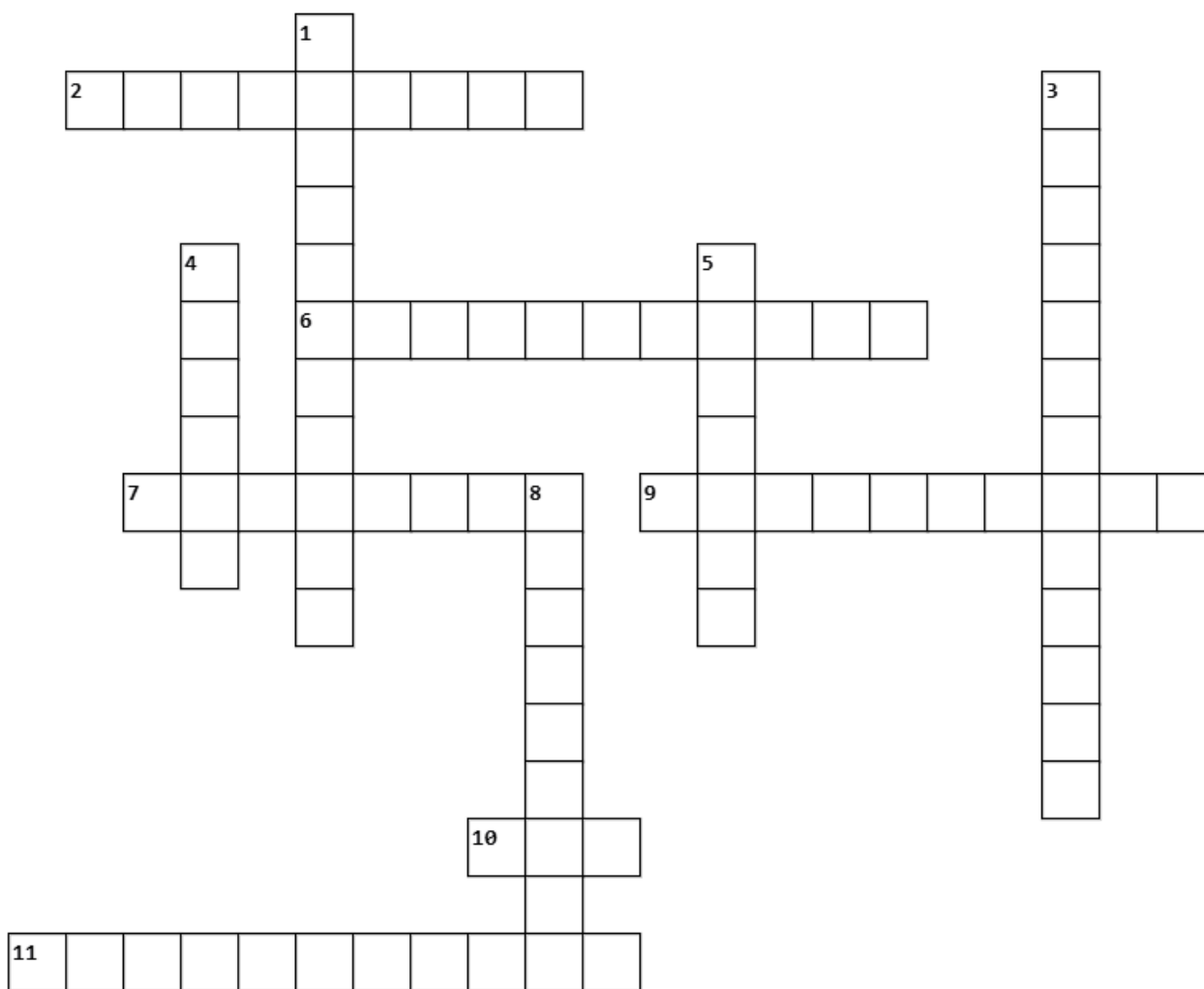
#### INGREDIENTS

- 5 russet potatoes (around 3 pounds)
- 1 tsp salt, for potato water
- ½ cup white-wine vinegar
- 4 large eggs
- 1 ¼ cups low-fat mayo
- 4 stalks celery, finely chopped
- 1 Vidalia onion or other sweet onion, finely chopped
- ¼ cup sweet or dill pickle relish
- Fresh ground pepper, to taste
- Salt, to taste

#### DIRECTIONS

1. Peel then chop the potatoes into ½ inch cubes. Place the chopped potatoes in a pot of cold, salted water and place on the stove. Boil until potatoes are fork tender. Carefully drain the potatoes and cool.
2. Place eggs in another pot with water and bring to a simmer over medium-high heat. Once simmering, reduce the heat to low and cook for 10 minutes. Carefully drain the water and cover eggs with ice-cold water. Once cooled, peel and finely chop your eggs.
3. Combine cooled potatoes, eggs, mayo, celery, onion, vinegar, pickle relish, and salt and pepper to a large bowl. Mix until well combines. Enjoy!

# CROSSWORD



## ACROSS

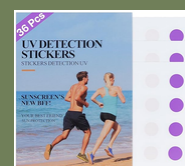
2. What is something that analysts have confirmed can lead to more success?
6. What are some childhood vaccines no longer categorized as?
7. What is something that could increase an adolescent's risk of a mental health disorder?
9. Where is the skin cancer screening being held on May 12th?
10. According to Nemours TeensHealth, what percent of happiness is based on a person's situation?
11. What food is included in the smallest section of the food pyramid now?

## DOWN

1. Where can you go for free on April 18th?
3. What road is the Riverdale Public Library on?
4. What kind of potatoes are used in Mama's Potato Salad?
5. What is one of the common mental health disorders adolescents suffer from?
8. What was one of the sun barriers mentioned?

Submit your answers [here](#) for a chance to win this quarter's prize!

<https://www.surveymonkey.com/r/2026Q2>



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# POINTERS FOR PARENTS

## LOOKING ON THE BRIGHT SIDE OF ADOLESCENT MENTAL HEALTH<sup>4,5,6</sup>

### THE BRAIN

Adolescence is a time where the brain is in transition. The hormones associated with puberty go to work transforming the brain to allow for better social abilities, comprehending more intricate values, and paving the way for self-identity. This time can also be the most trying for parents and caregivers.

### A CHOICE

According to Nemours TeensHealth, "around 10% of happiness is based on a person's situation." Choosing happiness or to do things that make you happy, as an adolescent or an adult, may be the real secret here. Supporting the adolescent in your life can help them to cultivate their own happiness early on.

### WHY WE CARE

Happiness goes far beyond the surface level smile. Analysts have confirmed that the happier the person, the more likely they are to succeed at whatever it is they'd like to. Living a happier life can lead to living a longer, more wholesome, life. Working on happiness now can prompt positive mental health later.

### WHAT YOU CAN DO

Although connecting with your adolescent may seem impossible, start small. Conversing with them beyond how was your day and connecting with them and their communities is a great first step. No matter how busy your lives may be, plan out time to interact when you can, like in the car, at the table, etc.



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# POINTERS FOR PARENTS

## MORE ON ADOLESCENT MENTAL HEALTH<sup>7,8</sup>

### THE STATS

According to the World Health Organization (WHO), "one in seven 10-19-year-olds experiences a mental disorder". There are many components that play into an adolescent's mental health and some adolescents may have a higher risk of having a disorder than others. This risk could be from their environment, genetics, whom they're surrounded by, and more.

### SIGNS

Signs that an adolescent could be suffering from a mental health condition can be confusing. Everyone was once a teenager; we know it's not an easy time. Some things to be on the look out for are changes in any of their normal activities; the amount they sleep, isolating themselves from friends, and loss of interest in their favorite things amongst other signs.

### CONDITIONS

Mental health conditions such as attention deficit/hyperactivity disorder (ADHD), depression, and anxiety are the most common in adolescents. Some less common conditions are eating disorders and self-harm. When adolescents with these conditions start to explore in risky teenaged behaviors, like dabbling with drugs and alcohol, it can worsen the condition(s) all together.

### WHAT YOU CAN DO

If you think the adolescent in your life may be experiencing some form of mental health issue(s) it's important to talk to them first. This conversation may be uncomfortable for both of you, so it will be important that you hear what they're saying **without** judgement. There is still a stigma surrounding mental health and they need to know you are a safe person that can get them help.



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# UPDATES & RESOURCES

## FOOD PYRAMID<sup>9</sup>

The food pyramid recently experienced a flip where the largest section (what should be eaten most) is on top and the smallest (what should be eaten least) is on the bottom. Protein, healthy fats, fruits, and vegetables consume the largest section whereas the smallest section is home to whole grains. The promotion of eating "real food" is not something new, but The Dietary Guidelines for Americans pushes for it to be the standard for 2025-2030. Some other changes include no longer allowing SNAP benefits to purchase candy and soda, slowly taking away petroleum-based dyes from foods, and revamping infant formula standards. Learn more at <https://realfood.gov/>.

## VACCINES<sup>10</sup>

Along with the food pyramid, childhood vaccinations also underwent a makeover recently. These vaccinations fall under one of two categories, "recommended" or "shared clinical decision making (SCDM)". In January, the U.S. Department of Health and Human Services (HHS) went from recommending 17 childhood vaccinations to 11. Vaccinations such as COVID-19, hepatitis A & B, influenza, and rotavirus are now no longer recommended but have moved to be under SCDM. The impact this may have is still yet to be revealed, but public health officials will be on the look out to see if these specific illnesses spike in the upcoming years.

## 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](https://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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