

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

PREVENT WITH INTENT

BE KEEN TO SCREEN^{1,2,3}

Need a New Year's Resolution? Regular screenings are the solution! In this quarter, strive to not only stay alive and survive, but to thrive. Screenings are a great way to prevent an unfortunate health event. If your doctor recommends a screening, it does not always mean that they believe you have a condition or illness. However, finding any concerns early on maximizes the chance of a successful recovery.

January celebrates Cervical Cancer Screening Month. You can avoid a cervical mishap by scheduling a Pap. Pap smears swab the cervix for a sample of cervical cells. These cells are then analyzed for any pre-cancerous changes, as HPV which can sometimes cause cancer over time. The American College of Obstetricians and Gynecologists recommend beginning Pap smears at age 21, regardless of sexual history. Then, it is best to continue screening with a Pap every 3 years.

March marks Colorectal Cancer Awareness Month. As part of your prevention plan, learn your family and medical history because research shows that some conditions like IBS can increase colorectal cancer risk. There are several ways to get screened for colorectal cancer, including stool-based tests and colonoscopies. Despite the inconvenience of bowel prep, colonoscopies are still the gold standard. Barring no other high-risk factors which may warrant screening sooner, the American Cancer Society recommends colonoscopies starting at age 45. Unless otherwise recommended, continue coloscopies every 10 years. At an advanced age, some insurances stop covering preventive screenings. Past the age of 85, have a conversation with your doctor about whether screening is still right for you.



START HEART SMART^{3,4,5,6,7}

Another option for a New Year's Resolution is a heart-healthy one! February is American Heart Month. To be heart smart, kick-off 2025 by examining your lifestyle choices, especially diet and exercise. With regard to diet, research shows that controlling portion sizes, eating more fruits and vegetables, choosing whole grains, limiting saturated and trans fats, including more healthy fats, reducing salt-intake, and planning out daily menus can all prevent and manage heart disease. One simple strategy is to read and compare nutrition labels while you shop. For exercise, the American Heart Association suggests at least 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of the two per week for adults age 18 and up. Although exercise is fantastic for heart health, it can sometimes increase the risk of injury, too. For example, some research shows that you are more at-risk for a heart attack while snow shoveling. Be cautious and listen to your body for the best outcomes. As a beginner exerciser, plan, practice, and prepare to avoid injury. Stay safe by starting slow and building up your activity level over time. Try low-intensity options like walking, swimming, or riding a stationary bike. Make sure to warm up and cool down, learn good form, and invest in proper footwear, too!



**Pequannock
Township**



Atlantic Health System
Morristown Medical Center

HIGHLIGHTS OF HAPPENINGS

BOONTON YOUTH INDOOR SOCCER

8-week program for Grades K-6 held on Thursdays at John Hill School Gymnasium from **January 2nd - February 27th**.

Training times vary by age group.

Register at boonton.recdesk.com

KRAFTY IN KINNELON

Open to knitters and crocheters of all levels! Some supplies needed, see website for more. Held in Kinnelon Public Library, Room 1.

Wednesday, February 12th

7:00pm-9:30pm

Register at kinnelonlibrary.org/calendar

MID-DAY MEDITATION

Clear your mind and focus your energy with guided meditation. Held in Florham Park Public Library, Akhoury Rooms A and B.

Wednesday, March 5th

12:00pm-1:00pm

Registration opens [here](#) on 02/28/25.

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>

ANTLERS TRIVIA NIGHT

Come test your knowledge with Boonton Elks Lodge #1405! Walk-in, \$5 per person - teams of 2-6.

Friday, January 17

7:00-7:30pm

125 Cornelia Street Boonton, NJ



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/-/](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 Depts.
Contact Lucille Rockis at (973) 402-9410 ext. 634
<https://www.boonton.org/630/Food-Pantries-Financial-Assistance>

Add avocado
for even more
heart-healthy
fats!

HEART HEALTHY RECIPES FOR RECIPIENTS

AIR FRYER TUNA STEAK TOSTADAS & SLAW

INGREDIENTS

For Marinade and Protein:

- 2 tbsp lime juice
- 2 tsp olive oil
- 1 tsp chili powder
- 1 tsp ground cumin
- 4, 4-ounce tuna steaks
- Cooking spray

For Serving and Garnish:

- 8, 6-inch corn tortillas
- 1 tsp chili powder
- 2 medium limes, cut into wedges
- 1/4 cup coarsely chopped fresh cilantro, for serving

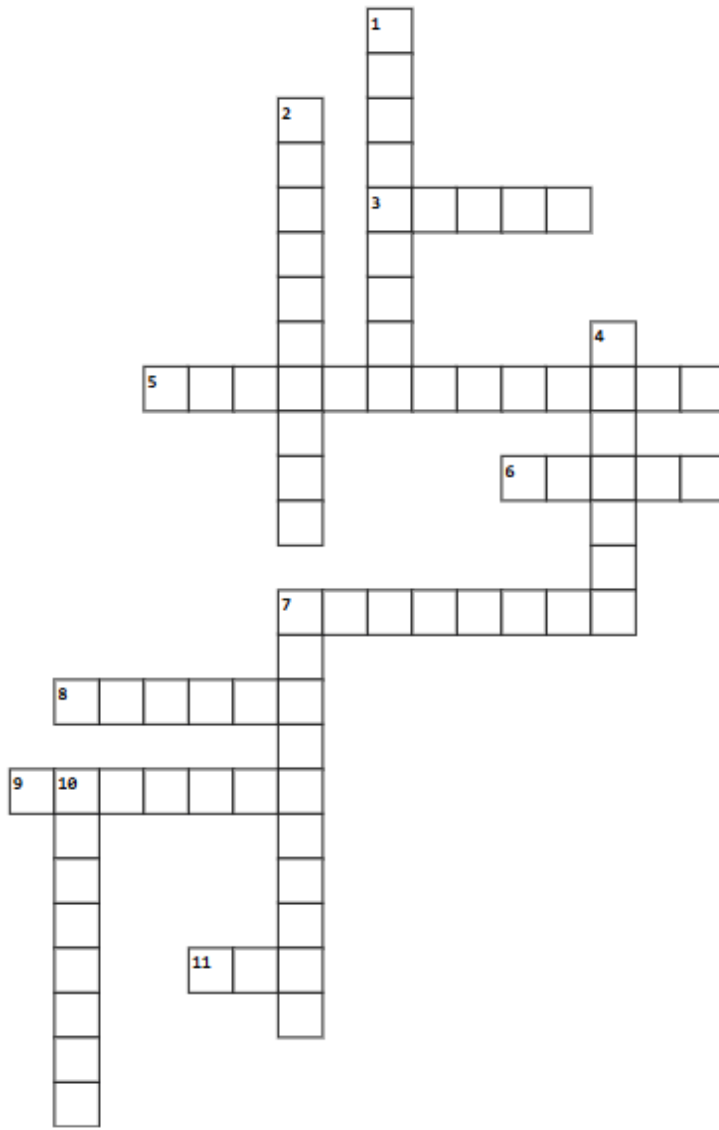
For Slaw:

- 2 cups shredded red cabbage
- 2 cups peeled and diced jicama
- 1 medium peeled and diced mango
- 1 tbsp honey

DIRECTIONS

1. In a bowl, combine the lime juice, oil, 1 tsp chili powder, and cumin. Add the tuna steaks and coat with mixture on both sides. Cover the bowl and let marinate in the refrigerator for 15 minutes.
2. Preheat air fryer to 380 degrees Fahrenheit. Arrange fish in a single layer and cook for 3-4 minutes on each side, to your likeness. If needed, cook in batches, so as to not overcrowd. Once cooked, let rest for 5 minutes before slicing against the grain.
3. When fish is done, set air fryer to 400 degrees Fahrenheit. Lightly spray the tortillas and cook for 3 minutes on each side.
4. For the slaw, combine the red cabbage, jicama, mango, and honey in a bowl.
5. Finally, assemble the tostadas: On each tortilla, spoon 1/8 of the slaw, add 1/8 of the sliced tuna steaks, sprinkle 1/8 of the remaining 1 tsp of chili powder, squeeze 1 lime wedge, and garnish with cilantro. Then, dig in!

CROSSWORD



ACROSS

3. Limiting this type of fat is one way to help your heart health
5. Exercise options like walking, swimming, or riding a stationary bike
6. Colorectal Cancer Awareness Month
7. American Heart Month
8. What indoor sport can you play in Boonton this quarter?
9. Cervical Cancer Screening Month
11. This virus is spread by sharing bodily fluids

DOWN

1. Most common heart attack symptom
2. Age of first Pap smear
4. Where is Mid-Day Meditation held in Florham Park?
7. Age of first colonoscopy
10. What can you add to the featured recipe for even more heart-healthy fats?

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



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UPDATES & RESOURCES

HEART DISEASE⁸

There are several conditions that fall under the category of heart disease. Some heart disease happens because of decreased blood flow to the heart. This flow failure can cause heart attacks and even heart failure. In other cases, the heart's electrical pulses become out-of-sync, causing palpitations (arrhythmias). Overall, a strong heart starts with behavioral and lifestyle choices, but hearts can also be cared for with early recognition of heart attacks. Symptoms most often include chest pain or discomfort but may also show up as feeling weak/light-headed/breaking into a cold sweat and pain or discomfort in the jaw, neck, or back.

HPV (Human Papillomavirus)⁹

Human papillomavirus (HPV) is a virus with many strains. Although HPV does not typically have symptoms, the most commonly recognized signs are contagious warts, especially in the genital area. Technically, all warts are HPV, but not all HPV is harmless. Some strains can later develop into cancer. Mistakenly, many believe HPV can be spread only through sharing bodily fluids, but it is more often spread through skin-to-skin contact. Because of this, HPV is highly contagious. Prevention methods include condoms and other barrier methods and the HPV vaccine. Talk with your doctor today about your risk factors, possible screenings, and best prevention steps.

SOURCES

1. American Cancer Society. (2024, January 29). *American Cancer Society Guideline for Colorectal Cancer Screening*. <https://www.cancer.org/cancer/types/colorectal-cancer/detection-diagnosis-staging/acs-recommendations.html>
2. American College of Obstetricians and Gynecologists. (2023, May). *Cervical Cancer Screening*. <https://www.acog.org/womens-health/faqs/cervical-cancer-screening>
3. Baystate Health. (2023, December 27). *5 Achievable 2024 Health-Related New Year's Resolutions*. <https://www.baystatehealth.org/articles/new-year-health-tips>
4. Mayo Clinic. (2024, April 4). *Heart-healthy diet: 8 steps to prevent heart disease*. <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>
5. American Heart Association. (2024, January 19). *American Heart Association Recommendations for Physical Activity in Adults and Kids*. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
6. MedlinePlus. (2022, August 15). *How to Avoid Exercise Injuries*. <https://medlineplus.gov/ency/patientinstructions/000859.htm#:~:text=Warming%20up%20before%20exercise%20gets,for%205%20to%2010%20minutes.>
7. American Heart Association. (2024, January 11). *Snow shoveling, cold temperatures combine for perfect storm of heart health hazards*. <https://newsroom.heart.org/news/snow-shoveling-cold-temperatures-combine-for-perfect-storm-of-heart-health-hazards>
8. Centers for Disease Control and Prevention. (2024, May 15). *About Heart Disease*. <https://www.cdc.gov/heart-disease/about/index.html>
9. Cleveland Clinic. (2024, October 21). *HPV (Human Papillomavirus)*. <https://my.clevelandclinic.org/health/diseases/11901-hpv-human-papilloma-virus>

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](#)



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Public Health
Prevent. Promote. Protect.



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