Welcome Back City of Clifton

Hello Clifton residents! The pandemic has kept us very busy, but the CHD is happy to bring back the quarterly newsletters to Clifton residents. This newsletter will showcase health department employees, updates on events and projects, health education articles, and much more!

What's Inside This Summer Issue:

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- Page 7: CHD Mastered It!
The Clifton Health Department would like to highlight a new employee that has shown himself to be a great asset with his strong work ethic and compassion. Prior to beginning his work with CHD, Nathaniel J. King ("Nate") served for 8 years with 2 deployments as a Signal Corp in the United States Army. After he fulfilled his military obligations, he returned home and worked as a Whole Health and Wellness Coach for the East Orange and Lyons Veteran Hospitals. Ultimately, this was able to establish a great relationship with the local VA campuses. Nate is able to use the support of his friends and practitioners to bring resources to others. His knowledge of local resources and services has allowed him to best serve Clifton residents. The U.S Army Veteran has been working at the health department for the last 7 months and has recently became the Department’s Social Work Assistant. During his time, he has worked tirelessly at the Clifton Warming Center to provide a safe space for individuals during cold winter months and has joined the Clifton Homelessness Task Force. King comes to work every day with a bright smile on his face and is determined to help unhoused Clifton residents find better opportunities and achieve success! For assistance with Veteran Services call: (973) 647-9667

The Clifton Health Department opened its first Code Blue Warming Center this past winter which was supervised by Adriana Alfaro, City of Clifton Social Worker. The Warming Center was located at the Recreation Center from November 2022-March 2023. Following the guidance of Passaic County, as a municipality with 10 or more individuals facing homelessness, the City was required to have a Warming Center where unhoused individuals could have a place to sleep until the Code Blue alert was deactivated. With the drastic increase in the City’s unhoused population in the past two years, the goal was to not only provide a temporary Warming Center, but also take that time to evaluate the needs of the community and link them to available resources.

During the Code Blue season, the Warming Center was open for 74 nights. Within those 74 nights staff got to know many of the individuals staying at the Warming Center on a personal level and learned more about their stories. Warming Center staff assisted clients in accessing social services, mental health services, detox, and identification. One local agency that we have established a partnership with is St. Peter’s Haven, who purchased a shower trailer that was stationed outside of the Recreation Center during Code Blue activations. On four separate occasions staff provided showers to individuals staying in the Warming Center as well as fresh clothes and toiletries; the City provided food and referrals every night that the Warming Center was open. The Warming Center also received food donations from council members, local restaurants, CUMAC, and Power of One.
Summer is a wonderful time to come together with family and friends for BBQs and grilling! The Clifton Health Department wants residents to enjoy their burgers and hot dogs safely. Practicing safe grilling will be crucial to avoid foodborne illnesses. According to the World Health Organization, there are over 200 diseases that can be caused by consuming food that is contaminated with viruses, parasites, bacteria, or other chemical substances. Foodborne illnesses have serious consequences and every year 1 in 10 people fall ill after eating contaminated food.

Some considerations to grill safely include proper food handling. The CDC emphasizes when handling raw meat, chicken, other poultry, and seafood you should: wash your hands before and after handling, separate it from other food, refrigerate before grilling, make sure juices do not touch other food, utensils, and surfaces, use a food thermometer to ensure meat is cooked at a safe internal temperature, and refrigerate leftovers within 2 hours of cooking.

When grilling, cook to:
- 145°F and above—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
- 145°F and above—fish
- 160°F and above—hamburgers and other ground beef
- 165°F and above—all poultry and pre-cooked meats, like hot dogs

After grilling, keep food hot:
- 140°F or warmer—until it’s served

**NO GRILLING MISSTEAKS**

With the sun’s ultraviolet (UV) light being its strongest during the summer, it is crucial that we practice sun safety daily. A few ways this can be done are by wearing sunscreen of at least thirty SPF, wearing sunglasses, and seeking shade between the hours of 10:00 am and 4:00 pm when the sun is strongest. The most common risks of UV exposure include:

- Skin cancer
- Premature aging and other skin damage
- Cataracts and other eye damage
- Weakened immune system

While wearing sunscreen, it should be reapplied every 2 hours, or after swimming and/or sweating. For those who are on any medication(s), some may cause extra sensitivity to the sun, so it is important to keep track of any side effects that may leave us at higher risk for any negative UV effects. Enjoying a fun-filled summer goes hand-in-hand with practicing sun safety, so let’s remember to apply sunscreen, seek shade when possible, and throw on some stylish sunglasses!

**TAKE YOUR VITAMIN SEA**

These healthy tips will keep both you and your family happy and healthy all summer long!
GET ALL OF THE KNOWLEDGE

Get the most up-to-date information on lead testing, COVID-19, and other health issues by reading below.

LEAD TESTING

The Clifton Health Department's lead division now has a new consumer analyzer that can detect lead in your household. The lead consumer analyzer can check different household items such as jewelry, cookware, toys, etc.

NOT IN MY MOUSE

The Clifton Health Department encourages residents to take the following steps to prevent rodents from infesting your area:
- Keep gardens clean and tidy, cutting back overgrown areas to minimize harborage.
- If feeding wild birds, store food in containers, ensuring rats cannot reach the food. Any uneaten food will encourage rats. Purchase a seed catcher to place under the bird feeder.
- Inspect your property ensuring that there are no entry holes for rats to gain access into your home, ie. around waste pipes from the kitchen and bathrooms, central heating pipes and air vents.
- Ensure drains are covered and that manholes are intact ie. no rat holes are present in the near vicinity of the manhole.
- Ensure all household waste is enclosed in a rat proof container, eg wheelie bin.
- Keep doors closed to prevent access;
- If you have dogs please clean up after them, feces are food for rats.

It is also recommend to contact a licensed pest control operator to abate an issue if you may have one.

COVID-19: WHAT'S NEXT?

On May 11th the COVID-19 Emergency was declared over, but what exactly does this mean? As of right now, COVID-19 vaccinations are still available to the public free of charge which means if you are eligible GET YOU BOOSTER!

The end of the emergency also means that some COVID-19 tests, at-home and in a lab may not be covered by your insurance. If you need an At-Home test kit, please visit us at the Health Department and we’d be happy to provide them!

THE CLIFTON HEALTH DEPARTMENT IS OFFERING FREE COVID-19 TEST KITS FOR CLIFTON AND LITTLE FALLS RESIDENTS

Need a test kit?
Please contact:

973-470-2039
covidresponse@cliftonnj.org
WHAT IS ACCREDITATION?

Accreditation is a status that provides public notification that an institution, program, or agency meets standards of quality set forth by an accrediting agency. The Public Health Accreditation Board, or PHAB, is a nonprofit organization dedicated to advancing the quality and performance of state, local, tribal, and territorial public health departments by providing a national framework of standards. PHAB has a vision of improving the quality and performance of all health departments in the U.S. through voluntary accreditation. The PHAB voluntary accreditation program emphasizes the importance of and is grounded in quality improvement, and has catalyzed health department activity in this arena. The process of preparing for and achieving accreditation yields information about the agency that can be used to identify areas of improvement. Once accredited, health departments maintain this status for 5 years.

CLIFTON’S JOURNEY

The Clifton Health Department has been working toward accreditation since 2015 and, through this process, staff have been eagerly working to submit documentation and create plans that ensures the health and safety of all Clifton residents, while using innovative evidence-based practices. As of September 2022, the Health Department submitted all of its required documentation to the PHAB. CHD looks forward to its upcoming site visit from PHAB and hopes to receive accreditation status in the coming months. Currently, there are only 5 accredited local health departments in the state of NJ. CHD would like to thank everyone who has supported the Department’s accreditation efforts. For any questions regarding accreditation, please contact Jennifer Kidd, Health Projects Coordinator, at 973-470-5774 or jkidd@cliftonnj.org.
FIREWORKS AND PETS

It’s summertime and that means one thing, fireworks! Here are some tips to keep your pet safe and comfortable:

- Keep pets indoors while fireworks are going off. Not only does this take them away from the loud noises, it also helps keep them at home. Loud noises may cause pets to run to safety which might be away from home.
- Establish a safe space in your house for your pet. This could be a crate or a pet bed. This creates a place for your pet to feel comfortable when they get stressed.
- Turn on the TV! Having other noises will help keep your pet distracted from the loud booms. Try to ignore the fireworks yourself! Your pets feed off your energy, if you’re calm, they’ll be calm.

BEAT THE HEAT

In hot temperatures, your body may be unable to properly cool itself, leading to serious health problems. To avoid these health problems, the CHD urges residents to:

- Drink plenty of water! Drink fluids gradually, throughout the day.
- Check on friends and neighbors at high risk for heat-related illness; this includes:
  - Infants
  - Young children
  - Older adults
  - People with chronic medical conditions
- Find air conditioned places to cool off (shopping malls, libraries, cooling centers)
- NEVER leave kids or pets in a closed, parked vehicle
- If you go outside, remember to bring the following items:
  - A hat
  - Sunscreen (SPF 15 or higher)
  - Lightweight, Light-colored, loose-fitting clothing
  - Water
- Limit time outdoors and take breaks often
The Clifton Health Department would like to acknowledge all of their hard-working staff members! The Health Department is proud to announce that 9 employees have their Master's Degrees! During this past year, there has been a total of 4 degrees awarded to employees. It is important to note that individuals in the Health Department continued to strive for excellence even during the challenging times of the COVID-19 Pandemic. For everyone at the Health Department, it has been a journey that included many twists and turns but well worth it! Everyday CHD works to prevent disease, promote and protect health and well-being, and enrich the quality of life for those who live and work in our community!

Congratulations!
Adriana Alfaro, Masters in Social Work
Catalina Dubon-Gutierrez, Masters in Public Health
Layal Helwani, Masters in Public Health
Ranmi Miyazawa, Masters in Public Health

The Clifton Health Department would like to give a special shoutout to those that donated food to the Code Blue Warming Center during winter 2022-2023! Due to everyone's generous donations, the Code Blue Warming Center was able to serve some of our most vulnerable Clifton Residents. CHD could not have done this without their help!

- Mayor Raymond Grabowski
- Councilwoman Lauren Murphy
- The Allwood Diner
- St. Peter’s Haven
- Power of One
- Spring Garden
- Mathew Priore
- Kamil’s
- Bruno’s Pizza and Restaurant

Montclair State University MPH graduation

Pictured to the left: Ranmi Miyazawa and Layal Helwani at MSU graduation

Pictured to the right: Catalina Dubon-Gutierrez at GWU Graduation
FUN SUMMER ACTIVITIES

Clifton Recreation Department
Drive-In Movie Night

Clifton Arts Center
The Art of Printing with Veggies

Clifton Senior Center
Senior Barbeque
The Veggie Mobile at Clifton City Hall

Wednesdays 2:30pm–4:30pm

June – November

RECEIVE 50% OFF WHEN YOU PAY WITH SNAP/EBT OR SENIOR FARMERS MARKET VOUCHERS!

June 7, 14, 21, 28
July 5, 12, 19, 26
August 2, 9, 16, 23, 30
September 6, 13, 20, 27
October 4, 11, 18, 25
November 1, 8

LEARN MORE ON OUR WEBSITE:
WWW.CITYGREENONLINE.ORG
OR CALL ALEX AT (973)869-4086

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CITY OF CLIFTON

Proudly Celebrating
National Night Out 2023

NATIONAL NIGHT OUT 2023
TUESDAY AUGUST 1, 2023 6 P.M. – 8 P.M.
MAIN MEMORIAL PARK
1395 MAIN AVE. CLIFTON, N.J. 07013

- SPEAK WITH YOUR OFFICERS!
- MEET LOCAL VENDORS!
- SEE EMERGENCY VEHICLES!
- THE SUPER MARIO BROS. MOVIE SHOWING AT DUSK! SPONSORED BY:

Clifton Police Department
National Night Out 2023