Summer State of Mind

Summertime can be enjoyed anywhere! This summer the Clifton Health Department encourages residents to get creative with their summer plans! If work and responsibilities do not allow for a trip across the world, take a refreshing break right in the neighborhood. Join the Clifton Recreation and Police Departments on August 6, 2024, for an outdoor movie night featuring Under the Boardwalk! For more ideas on how to have “The Best Staycation Ever”, check out the last page of this season’s Newsletter. Time to shake up that everyday routine and have the best summer ever!
CLIFTON’S OPIOID RESPONSE TEAM

On May 1, 2024, the Clifton Health Department, in partnership with the Community Policing Division, officially launched Clifton’s Opioid Response Team. This team has been created to guide the City of Clifton in its prevention, education, mitigation, response, and recovery to the opioid epidemic. To learn more, read the article below or tune into the “Clifton Health On Air” Podcast!

WHAT IS THE OPIOID RESPONSE TEAM?

- A program that follows up with individuals who have recently experienced a non-fatal drug overdose.
- Provides support, education, and connections to necessary resources for the individual and their loved ones.

HOW DOES IT WORK?

- The individual or family is contacted by a Social Services Employee and Community Police Officer within 72 hours following an overdose.
- Under the Opioid Prevention Act, Clifton residents receive education on medical assistance and treatment.
- Resources to addiction and/or mental health services are given to the individual and their family.
- Enables individuals to receive referrals to services without fear of arrest.

Reduce:
- Reduce the number of recurrent overdoses

Prevent:
- Prevent future fatal and non-fatal overdoses

Increase:
- Increase the number of individuals engaged in treatment following an overdose

*For any questions please call (551)-237-3151 or visit our website at www.cliftonnj.org*
Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. These warm weather events also present opportunities for foodborne bacteria to thrive. To protect yourself, family, and friends from foodborne illness, follow these safe food handling tips so you can enjoy your meals without worry!

**SAFE FOOD HANDLING TIPS**

1. **CLEAN**
   a. Wash your hands often with warm water and soap for at least 20 seconds before and after handling food, after using the bathroom, changing diapers, and handling pets.
   b. Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water.
   c. Rinse fresh fruits and vegetables under running tap water. Scrub firm produce with a clean produce brush.

2. **SEPARATE**
   a. Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart, grocery bags, and refrigerator.
   b. Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
   c. Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed with hot, soapy water.

3. **COOK**
   a. Using a food thermometer is the only way to ensure safety of meat, poultry, seafood, and eggs. These foods must be cooked to a safe minimum internal temperature to destroy harmful bacteria.
   b. Cook eggs until the yolk and white are firm.
   c. When cooking in a microwave oven, cover food, stir, and rotate for even cooking.

4. **CHILL**
   a. Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90 F.
   b. Never thaw food at room temperature, such as on the countertop. Three safe ways to defrost food are: in the refrigerator, in cold water, and in the microwave.
   c. Always marinate food in the refrigerator.

Lastly, be sure to avoid cross-contamination when serving food! Never reuse a plate or utensils that previously handled raw meat, poultry, or seafood unless they’ve been washed in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked, ready-to-eat food.
Just like people, animals also love the warmer weather! This means that wildlife is out! Not sure what to do when you see an animal? Read some frequently-asked questions Clifton Animal Control Officers receive about wildlife!

See a sick or injured animal?
**Call Animal Control.** Our Officers will take our furry little friend to safety!

Have a groundhog in your yard?
**Don’t call Animal Control.** If you believe the animal is causing damage to your property, you can trap and release it on your own time. Animal Control officers are not allowed by order of the Department of Fish and Game to relocate wildlife.

What if I see a fox?
**Only call Animal Control** if the fox is injured or showing signs of rabies and/or distemper. Otherwise, leave the animal and make sure children and household pets are supervised outside.

Found a baby bird?
**Only call Animal Control** if you notice injury. If no injuries are present, make sure the baby bird is in a safe place and it will learn how to fly on its own!

There is a raccoon out during the day, should I be concerned?
**Only call Animal Control** if the raccoon seems sick, injured or showing signs of distress. Otherwise, do not panic! Raccoons may come out during the day to forage for food for their young, especially nursing mothers.

I found a baby animal, what do I do?
**Only call Animal Control** if you notice injury or distress. Otherwise, please leave them be!
Mothers often leave their young to get food. Moving the animal can cause unnecessary stress on the baby and the mother.

I hear gnawing and scratching in my house, what do I do?
**Only call Animal Control** if the animal is in your living quarters such as a bedroom or a kitchen. In this case, an officer will remove the animal safely. Animal Control Officers cannot go into your walls/crawl spaces to get wildlife. In this case, contact an exterminator or a wildlife control contractor.
Summer Word Search

Search for the summer words hidden in the puzzle.

SEA    SUNGLASSES    VACATION    WAVES
SWIM    ICE CREAM    SWIMSUIT    TRAVEL
BEACH   SUNSHINE    SUMMER    HOT
In NJ’s 2022 Annual Childhood Lead Exposure Annual Report, it was found that children, younger than 6 years of age, had the highest percentage of elevated blood lead levels between the months of July and August! This may be due in part to increased exposure to lead dust in and around homes. Throughout the summer months, people frequently open and close windows, and work on home renovations and yard maintenance, which could put children at risk of contact with lead-based paint.

Protecting children from exposure to lead is important to lifelong good health. No safe blood lead level in children has been identified. Even low levels of lead in blood have been shown to affect learning, ability to pay attention, and academic achievement. While the effects of lead exposure may be permanent, if caught early there are things parents can do to prevent further exposure and reduce damage to their child’s health. The most important step that parents and caregivers, healthcare providers, and public health professionals can take is to prevent lead exposure before it occurs.

**EXPOSURE PREVENTION**

The CDC supports primary and secondary lead exposure prevention.

- **Primary prevention** is the removal of lead hazards from the environment before a child is lead exposed. It is the most effective way to ensure that children do not experience harmful long-term effects of lead exposure.
- **Secondary prevention** includes blood lead testing and follow-up care and referral. It remains an essential safety net for children who may already be exposed to lead. New Jersey has Universal Blood Lead Testing, where all children should be tested at 1 and 2 years of age, or by the age of 6 if they haven’t received their first two tests.

**WHAT CAN PARENTS AND CAREGIVERS DO?**

- Talking to their child’s healthcare provider about getting a blood lead test. A blood test is the only way to determine if a child has been exposed to lead!
- Getting their home checked for lead hazards, including lead-based paint if it was built before 1978.
- Asking their local water authority to test their water for lead. If there is lead in their tap water, steps can be taken to reduce exposure.
- Regularly cleaning floors, windowsills, and other surfaces and take precautions to avoid lead dust when remodeling. Make sure to renovate safely. Use contractors certified by the U.S. Environmental Protection Agency (EPA).
- Removing shoes or wiping soil off shoes before entering the house.
- Washing children’s hands, bottles, pacifiers, and toys often.
On Friday, May 17th, the Clifton Health Department honored those lives lost due to the COVID-19 Pandemic in the Township of Little Falls by placing white flags in their memory at Wilmore Park. After the flag placing, there was a brief ceremony. Clifton Health Department Health Officer, John E. Biegel, and Health Educator, Layal Helwani, gave touching speeches to remember all of those affected by the pandemic. Thank you to all who came out to support us and the families affected.

A special thank you to the Mayor and Council for their support.

Top photo: Clifton Health Department Health Officer John Biegel giving a speech
Bottom right photo: Little Falls President Councilman Anthony Sgobba
EMPLOYEE SPOTLIGHT

In this newsletter edition, the Clifton Health Department would like to spotlight Layal Helwani for all of her dedicated work and commitment to the mission of the Department! As Health Educator, she works to provide services for the City of Clifton and Little Falls Township by coordinating free or low-cost community health programs and screenings with local partners. Throughout the school year, she presents dental health education to elementary aged children and vaping prevention programs to middle school and high school students. Since vaping education alone is not enough to combat the vaping epidemic, Layal also spearheads the work for the Department’s Clifton Tobacco Age of Sale program (C-TASE). Under this program, two students under the legal age of 21 accompanied by Health Department staff, visit tobacco retailers in the City of Clifton to ensure they are complying with state statutes that prevent the sale of tobacco products, including electronic nicotine delivery systems (vapes), to individuals under the age of 21.

Layal Helwani, MPH, CHES
Health Educator at the Clifton Health Department

When Layal started her journey with the CHD in August of 2016, she never imagined being intimately involved in combating the COVID-19 pandemic. During such a difficult time, she worked tirelessly to be a beacon of light for both Clifton and Little Falls residents. Most days were spent working outside during winter and summer months to provide vaccination assistance, hours were spent on the phone speaking with families of Clifton and Little Falls who had contracted the virus, early morning workdays were spent on various Zoom meetings making sure that residents had correct ever-changing recommendations, and tears were shed with many members of the community when they had to notify Layal of the passing of their loved ones. Ultimately, Layal persevered amid serving her community and obtained a Master of Public Health degree in May 2023. The Clifton Health Department is very honored to work with such a passionate and selfless public health professional!
SUMMER SUN SAFETY

Don’t be hasty when it comes to sun safety! Summer is here and that means spending more time outdoors! While soaking up the sun can be fun, it is important to remember to protect your skin from harmful ultraviolet (UV) rays. Here are a few sun safety tips to keep in mind:

1. **Use sunscreen:** Apply a broad-spectrum, water/sweat-resistant sunscreen with at least Sun Protection Factor (SPF) 30 before heading outside. Remember to reapply every 2 hours, or sooner if you are swimming or sweating.

2. **Seek shade:** Limit your time in direct sunlight, especially between 10am-4pm when the sun’s rays are the strongest.

3. **Wear protective clothing:** Opt for light-colored, long-sleeved shirts and pants, and a wide-brimmed hat and sunglasses to shield your eyes.

4. **Hydrate, hydrate, hydrate!** Drink plenty of water to prevent dehydration and help your skin stay healthy. Do not wait until you are thirsty to drink, as this is a sign that you are already low on fluids. Keep your pets hydrated too, giving them plenty of water and shade!

5. **Be mindful of the UV index,** which tells you how much UV radiation is expected from the sun. Plan your outdoor activities accordingly to avoid peak UV hours.

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**Heat Exhaustion**

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness

**Heat Stroke**

- Confusion
- Dizziness
- Becomes Unconscious

**ACT FAST**
- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don’t improve

**CALL 911**
- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Know the risks and signs of heat exhaustion: Heat-related illnesses, like heat exhaustion or heat stroke, occur when the body cannot properly cool itself. During extreme heat, a person’s body temperature can rise faster than the body can cool it down, leading to damage to the brain and other vital organs. Older adults, young children, and people with chronic diseases are at the highest risk of heat exhaustion, although it can also happen to young, healthy people who are participating in strenuous activity in the heat. Warning signs may include feelings of dizziness, muscle cramping, weakness, fatigue, confusion, heart palpitations, and nausea. If you notice any of these feelings, go indoors immediately. Rest in a shady or air-conditioned place, drink lots of water, and blot your skin with cool water to help lower your body temperature. By following these sun safety tips, you can enjoy the summer weather while protecting your skin from sun damage. Stay safe and have fun in the sun!
UPCOMING CITY EVENTS

RECREATION CENTER
CONCERT SERIES (FREE)
- **Once More Once Big Band**: August 4, 2024
- **Tequila Rose (Country Western)**: August 11, 2024
- **Parrot Beach (Jimmy Buffet Tribute & Island Tunes)**: August 18, 2024
- **Arena Relive the Rock (Arena Anthems)**: August 25, 2024
  - **Time**: 7:30pm
  - **Location**: Main Memorial Park - Park Slope & Main Avenue
In case of rain, concerts are cancelled. Call the recreation Weather Hotline at (973) 470 5680 after 5:00pm.

CLIFTON FOOD & MUSIC FESTIVAL
- Join us for food trucks, bands, beer & wine garden, and kid’s fun zone!
- $5.00 admission and free parking!
- Kids under 36” are free!
- **Date and Time**: September 1, 2024, 11:00am-7:00pm
- **Location**: 900 Clifton Avenue, Clifton, NJ 07013

FAMILY CAMPOUT
- Join us for tent camping, campfire, s’mores, games, entertainment, crafts, and cooking!
- **Location**: Albion Park-201 Maplewood Avenue, Clifton, NJ 07013
- **Date and Time**: August 16-17 (Friday starting 4:00pm until Saturday around 1:00pm)
  - **Rain Date**: August 23-24
- Pre-registration required online at www.cliftonrec.com
  - Online registration ends on 08/14/2024
  - All participants must check in at the registration table upon arrival at the event!

ART CENTER
Upcoming Art Exhibitions
- **Artistic Endeavors**: July 10th-August 10th, 2024
  - Clifton Association of Artists
- **Poland: Our Heritage & Culture**: September 25th-October 26th, 2024

Upcoming Music Fundraising Events
- **Edison’s Miracle**: August 17th, 2024
  - The History of the Phonograph, a live Edison wax cylinder recording session
- **One more Once**: September 8th, 2024
  - Big Band led by Joey V & Tim Hayward

SENIOR CENTER
SENIOR BBQ
- Enjoy a day out at the Clifton Senior Center Barbeque to learn more about the services and resources offered to senior residents!
- Food is free of charge!
- Open to Clifton residents 65 and older!
- Registration is required! Call 973-470-2234
- **Location**: Clifton Senior Center, 900 Clifton Avenue, Clifton, NJ
- **Date and Time**: Friday, September 20, 2024, 11am-1pm
UPCOMING AWARENESS MONTHS

Awareness months, days, or weeks help provide a greater understanding of illnesses and issues that affect everyone. Awareness observances are a great time to fundraise, spread the word, or reach out to friends or family members who are facing a diagnosis or illness.

SEPTEMBER: SUICIDE PREVENTION

Suicide Prevention Month is a time to raise awareness of suicide prevention and treatment, know the risks and warning signs of suicide, what to do in a crisis, and ending the stigma. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. This month is meant to shift public perception, spread hope, and share vital information to people affected by suicide. It is important to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help.

Crisis Resources Include:

- You can call or text 988
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

OCTOBER: BREAST CANCER

Breast cancer is the second most common cancer among women in the United States. However, Breast cancer screenings can help find breast cancer early, when it is easier to treat. Read the recommendations below to help guide you when you talk with a health care provider about your risk for breast cancer and the best screening plan for you.

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Join us at the City of Clifton Satellite Office on October 23, 2024 for information on breast cancer with ScreenNJ. To make an appointment call 973-265-1533.
THE BEST STAYCATION EVER!

Check out some fun ideas for the best “stay-cation” ever. Enjoy summer break right in the comfort of your own neighborhood!

- **Watch movies**
  - Enjoy a movie night by yourself, with a group of friends, or join the Clifton Community Police and Clifton Recreation Department at **National Night Out on August 6, 2024** for an outdoor movie!

- **Campout (or inside)**
  - Set up an at-home campsite. Grab your camping tent, treats to make some smore’s, and start your firepit! Or Enjoy a warm summer night outside at “Family Campout”! (See page 9)

- **Go for a hike**
  - Enjoy the fresh air and nature of the outdoors. According to the CDC, “Spending time outdoors can improve overall health and wellness.” Check out the Clifton Recreation website for local hikes and outdoor events all summer long. [https://cliftonnj.myrec.com/info/default.aspx](https://cliftonnj.myrec.com/info/default.aspx)

- **Read a book (or multiple)**
  - Take a break from social media. Pick up a book that you’ve been wanting to read or check out the Clifton Public Library for new book recommendations [https://cliftonpl.org](https://cliftonpl.org). By being present and focusing on the story of the book, you can reduce stress and practice mindfulness.

- **Visit a local museum or gallery**
  - Grab some friends and check out local art and science centers. The Clifton Arts Center and Sculpture Park is designated to serve the well-being of residents through various cultural arts and education programs for the local community. See the art gallery and upcoming events by stopping by or going on the Arts Center website! [https://cliftonartscenter.org](https://cliftonartscenter.org)

- **Get some rest**
  - Good sleep is essential for our health and emotional well-being. Head over to the **Main Memorial Library on July 23, 2024 at 12pm** to learn all about the importance of sleep!