

SEPTEMBER NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR, VERONA, AND CEDAR GROVE

Communicable Disease: What's Happening?

Written and compiled by Vanessa Dessources, MPH, CPH, CHES

With the height of the COVID-19 pandemic behind us, it is not unbeknownst to most healthcare/public health professionals that everyone would like to just forget it ever happened and move on. We definitely get it. BUT, it is also very clear to us that communicable diseases as a whole still spread on a day to day basis--this includes COVID. Here's a quick update on what's been prevalent in the communicable disease side of health of recent, and what to be ready for as Fall approaches.

COVID-19 Vaccines for Fall 2024

As of August 22nd, the FDA approved and granted emergency use authorization for updated mRNA COVID-19 vaccines that corresponds to the variants most prevalent today. You can find more about the vaccine by reading the FDA press release [here](#).

Flu Season

With fall quickly approaching, flu season will be right on its heels. The flu vaccine for 2024-2025 is available now at local pharmacies or with your primary care physicians. If you are uninsured or have Medicaid, you may qualify to receive the flu vaccine at no cost at the Montclair Health Department (children aged 11-18 or adults 19+). Please call our office to speak with a nurse about your eligibility.

West Nile Virus

West Nile virus is spread through the bite of an infected mosquito. It cannot be transmitted from person-to-person contact. According to testing results provided by the New Jersey Department of Health, mosquitos carrying the West Nile virus are present in almost every county of the state as of Aug. 21. There have been 3 confirmed cases within the state. The best way to prevent again WNV is to protect yourself against mosquito bites. Make sure anything with that can cause standing water is dumped and cleaned regularly to prevent mosquito eggs.

Food Recall: Boars Head Listeria Outbreak

In recent weeks, one of the most notable food recalls has been with Boars Head deli meat containing listeria bacteria.

- Listeriosis is especially harmful to those who are pregnant, who are immunocompromised and/or are 65 or older.
- To stay up to date with the ongoing outbreak, please click here: [Investigation Update: Listeria Outbreak, Meats Sliced at Delis](#)



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Immunization Clinics

Communicable Disease Resources

Click the links below for
more information from
the NJDOH:

[COVID-19](#)

[Listeriosis](#)

[Influenza \(Flu\)](#)

[West Nile Virus](#)

Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

662 – National Food Safety Education Month: What a Health Department Does to Keep Our Food Safe

There's a bit of detective work that has to go into investigating outbreaks of foodborne illnesses, and your local health department plays a key role. Cari Sledzik, an epidemiologist in the Office of Acute Communicable Diseases at the Baltimore City Health Department, talks with Dr. Josh Sharfstein about what goes into piecing together a potential outbreak and what happens once the source is found. To round out this Food Safety Education Month episode, she also shares some tips for how people can avoid foodborne illnesses. Learn more about how to lower your chances of getting sick with [the FDA's Food Safety Education Month resources](#).



Your Wellness Solution

a podcast by SOLUTIONHEALTH

Suicide Prevention

Suicide is a sensitive subject, yet its effects touch the lives of countless individuals annually. In this podcast, Sarah Bemish offers hope to those who may perceive suicide as their only option, while also providing guidance to those seeking to lend support. She addresses pivotal questions, including identifying those at risk and recognizing potential warning signals, while also exploring preventative measures and available resources.



HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

MONTCLAIR AMBULANCE UNIT OPIOID RESPONSE EDUCATION IN MONTCLAIR

COURTESY OF BENJAMIN HYMSON
(MAU ADMINISTRATIVE COORDINATOR)



HOW HAVE OPIOIDS AFFECTED OUR COMMUNITIES?

With perpetually increasing narcotic potency, opioids impact every community throughout the country. Montclair and the greater Essex County region are certainly not immune to the national crisis. Over recent decades, New Jersey has been heavily impacted by the opioid overdose epidemic. The State Office of the Attorney General reports that from January 1, 2024, to June 30, 2024, there have been 1,010 suspected overdose deaths, 5,492 naloxone administrations, and 1,514,075 opioid prescriptions written in New Jersey. Essex county accounted for the most suspected overdose deaths of any county in NJ with 182. During the same time period, MAU responded to 16 calls dispatched as an overdose and 78 calls where drugs or alcohol were present. Furthermore, we administered naloxone 14 times, which already surpasses the total for 2023. The epidemic continues to grow in severity and scale of lives taken far too soon or left in ruin as stronger and increasingly addictive narcotics, such as fentanyl, spread. As with the COVID pandemic, we can take action to save lives and help provide resources to all those impacted by opioid and substance use disorders. The bottom line is opioid overdose deaths are preventable.

FREE OPIOID OVERDOSE RESPONSE TRAINING



Register for MAU's free Opioid Overdose Recognition and Naloxone Administration Training program to acquire the necessary knowledge, skills, and confidence to assist others and potentially save lives.

HERE'S WHY YOU SHOULD SIGN UP FOR OUR TRAINING CLASS:

- ✓ Learn how to recognize the signs of an opioid overdose
- ✓ Learn how to help someone experiencing an overdose
- ✓ Learn how to administer naloxone nasal spray
- ✓ Receive an Opioid Overdose Response Kit

CONTACT US

- 📞 Training Center: 973-202-0524
- 🌐 education@montclairems.org



Training provided by
Montclair Ambulance
Unit instructors



Public Health
Montclair Health & Human Services
Training supported by a grant
from the Montclair Township
Health Department.



SCAN HERE FOR THE
TRAINING INTEREST FORM!

OPIOID OVERDOSE RESPONSE TRAINING PROGRAM

Supported through a grant from the Montclair Department of Health & Human Services, MAU is offering a free Opioid Overdose Response Training program. In this 60-90 minute course, participants will learn how to recognize the signs and symptoms of an opioid overdose, how to render aid and administer naloxone, and how to keep themselves safe. Participants will also receive an Opioid Overdose Response Kit. There is no cost for the class and it is available to anyone who lives, works, or attends school in Montclair Township. Since March, MAU has taught over 200 people these important skills. We are grateful to the Montclair Department of Health and Human Services for their support and look forward to continuing to provide this vital training to the entire Montclair Township community!

If you have any questions or would like to learn more about the training program that the MAU offers, please reach out to education@montclairems.org or 973-202-0524.

SAVE CANCER SCREENING- SEPTEMBER 2024

The SAVE Cancer Screening program provides various cancers screenings to those who are low-income, uninsured/under-insured. Each screening has its own eligibility criteria.

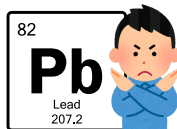
Please reach out to
nb766@njms.rutgers.edu for more information.



FREE LEAD SCREENING: PROTECT YOUR CHILD FROM LEAD EXPOSURE

Wednesday, September 25th
3pm -4:30pm
Verona Community Center
880 Bloomfield Avenue, Verona NJ 07009

Wednesday, October 2nd
3pm- 4:30pm
Cedar Grove Municipal Building,
525 Pompton Ave, Cedar Grove, NJ 07044



MOBILE MAMMOGRAM SCREENING

Friday, October 11th 2024
9 am to 3pm
Bloomfield Municipal Building
1 Municipal Plaza
Bloomfield, NJ 07003

Eligibility:

- Women age 40 and older
- Never had a mammogram or last mammogram was 12+ months ago

To schedule a mammogram please scan:



For more information contact the
BDH-Health Education Division
973-680-4059
health@bloomfieldtwpnj.com



SAVE CANCER SCREENING - SEPTEMBER 2024

FRIDAY - SEPTEMBER - 6

Ironbound COMMUNITY CORPORATION

432 Lafayette St, Newark, NJ- 07105
973-465-0555
Breast & Cervical 8:00 AM- 1:00 PM

TUESDAY - SEPTEMBER - 10

MARY ELIZA

394 University Ave, Newark, NJ- 07102
973-932-0768
Breast - 9:00 AM- 3:00 PM

WEDNESDAY - SEPTEMBER - 11

University HOSPITAL

205 South Orange Ave, Newark, NJ, 07103
973-972-7007
Prostate Screening - 1:00 AM- 4:00 PM

FRIDAY - SEPTEMBER - 13

University HOSPITAL

205 South Orange Ave, Newark, NJ, 07103
973-972-7007
Breast & Cervical 8:00 AM- 1:00 PM

WEDNESDAY - SEPTEMBER - 18

TONI'S KITCHEN

73 S. Fullerton Ave, Montclair, NJ- 07042
973-972-7007
Breast & Cervical 9:00 AM- 3:00 PM

FRIDAY - SEPTEMBER - 20

University HOSPITAL

205 South Orange Ave, Newark, NJ, 07103
973-972-7007
Breast & Cervical 8:00 AM- 1:00 PM

WEDNESDAY - SEPTEMBER - 25

University HOSPITAL

205 South Orange Ave, Newark, NJ, 07103
973-972-7007
Breast & Cervical 8:00 AM- 4:00 PM

THURSDAY - SEPTEMBER - 26

MARY ELIZA

394 University Ave, Newark, NJ- 07102
973-932-0768
Breast - 9:00 AM- 3:00 PM

EARLY Detection SAVES LIVES

Contact us:
nb766@njms.rutgers.edu
973-972-0310

OPIOID/FENTANYL SOLUTIONS CONFERENCE

WEDNESDAY, SEPTEMBER 18TH 2024
9:00 AM - 3:00 PM

THE AUDITORIUM AT IMMACULATE CONCEPTION
1 MUNN STREET MONTCLAIR, NEW JERSEY 07042

Judge (Ret.) Jose L. Linares

Matthew Berns

MODERATOR - Judge (Ret.) Jose Linares, McCarter And English Law Firm, LLP

GUEST SPEAKERS INCLUDE
Personal Stories From Two Neighbors Touched By The Opioid/Fentanyl Crisis

Invocation By Pastor Ron Gonzalez, Christ Church
Angelo Valente, Partnership For A Drug-Free NJ
Morris County Sheriff James Gannon
Special Agent In Charge Cheryl Ortiz, NJ Division Drug Enforcement Administration
Lindsay Ruotolo, First Assistant General, NJ Attorney General's Office
Essex County Sheriff's Office Lee Rotherlin
Montclair Police Department's Lieutenant Charles Cunningham
Judge Esther Salas, US District Judge of The United States District Court for the District Of NJ
Judge Madeline Arleo, US District Judge of The United States District Court for The District of NJ
Judge Thomas Callahan, Essex County Recovery Court
Dr. Chris Parnell, A Dynamic Physician Leader and Social Change Agent
Dr. Lionel Anicette, Managing And Guiding Medical Initiatives
Dr. Indra Cidambi, Is Board Certified in Psychiatry and Addiction Medicine
MONTCLAIR AMBULANCE UNIT
Bethesda Rivers, MHS, LQADC, CCS, Better Life Recovery
James Martin Chitty, LCSW, CCS, Psychoanalyst, BlueCrest Recovery
Dr. Gabriel Nigriel, LPC, LQADC, CCS F and G Counseling
Alton Robinson, Coordinator of Recovery Supports at Essex Health and Wellness Recovery Center
Steve Meitman, Midway House Sober Living

SPECIAL APPEARANCE BY Matthew Berns, Deputy Chief Counsel to the Governor

COMPLIMENTARY BREAKFAST AND LUNCH

CONFERENCE SPONSORED BY:

TO REGISTER CONTACT:
ROBIN (862) 485-8811
EMAIL: RLHEALTHGUIDE@GMAIL.COM
WEBSITE: WWW.ESEXRECOVERY.NET

REACH OUT MONTCLAIR: Men's Health Fair

Sunday September 22nd, 2024
10:00am - 2:00pm

at Wally's Choice Community Center
45 Maple Avenue,
Montclair, NJ
07042

Free Health Screenings & Information

**Prostate Cancer Awareness
Blood Pressure
Diabetes
Cholesterol
Behavioral Health
Dental Health
Weight Loss**

For more information, please reach out to reachingoutmontclair@gmail.com

OPIOID/FENTANYL SOLUTION CONFERENCE

Wednesday, September 18th 2024
9am -3pm
Auditorium at Immaculate Conception
1 Munn Street, Montclair New Jersey 07042
Complimentary Breakfast and Lunch Provided

To Register, contact:
Robin (862)-485-8811
rlhealthguide@gmail.com

REACH OUT MONTCLAIR MEN'S HEALTH FAIR

Sunday, September 22nd 2024
10 am -2pm
Wally's Choice Community Center
45 Maple Avenue
Montclair, NJ 07042

Food and coffee will be provided.
For more information, contact
reachingoutmontclair@gmail.com

Montclair Health Department Immunization Clinics



Public Health
Prevent. Promote. Protect.
Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the
first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email
mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042